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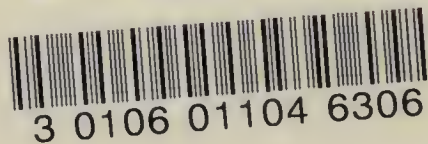


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# COOKING BY GAS



# COOKING BY GAS

A GUIDE TO THE CORRECT AND  
ECONOMICAL USE OF THE  
GAS COOKING STOVE

By

N. R. DE LISSA

Practical Lecturer and Demonstrator to Gas  
Companies. Expert in Paper Bag Cookery  
and "Reform" Food Diet

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## FOREWORD

THE Spaniards, when they wish any one well, say, "Health, wealth and strength to your fists." As a matter of fact, health is wealth, for without health no wealth will suffice, life is worth nothing without health to enjoy the work and play that fall to the lot of each. *Mens sana in corpore sano* is the ideal state, attainable by the humblest as by the highest: a state or condition that a poor rich man may envy a rich poor man whose health is perfect.

Absolutely we are what we eat. Our brain is nourished or poisoned by the food we take, and we not only are what we eat but we also think what we eat. Hence it behoves us to think well and to look carefully to our nourishment. No charge of *gourmandise* need be brought against us who give heed to this most commonly neglected essential of life. We eat carelessly and we live carelessly, and we suffer too much and die too soon. "The hand that rocks the cradle rules the world" it is truly said, and it is also true that the hand that wields the ladle rules the King. So, let us all look well to our food, its choice, its preparation, its suitability to our particular needs, our occupation, our environment and our pockets, its serving (a very important point), and its consumption, and let us watch the result in our daily life and our outlook on things in general. Let each find the diet suited also to his particular temperament; let the materials be of the best and the freshest obtainable, and the conditions under which they are prepared

for the table be the cleanest and best and most healthy in every respect, the least fatiguing to the cook and the most satisfactory to the consumer, and we cannot err much in producing the desired state of the "healthy mind in a healthy body." In the end it is a fact that—

' We look to the Doctor for Physic and Pills  
To cure us of our little ills,  
But spite of all that's in his book  
Our health depends upon

THE COOK ! "

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## THE DIFFICULTIES OF HOUSE-KEEPING AND COOKING

### HOW TO MEET THEM

THE writer has had so much to contend with in regard to the many little points where a few simple hints or contrivances meant the difference between economy with satisfaction and waste with vexation, that her trials and troubles as a beginner have filled her with practical sympathy for the young housewife who is ignorant but anxious to improve. This little handbook with its dishes that are simple and unpretentious, yet tasty, inexpensive and easy to cook, nourishing and plain, yet, in many cases, uncommon, and out of the usual groove, is the result of ten years hard earned experience. An endeavour has been made to avoid richness of diet and difficulty in procuring, and at the same time to achieve something to suit the humblest table and the most capricious appetite. The gourmet and the invalid, healthy hunger and the narrow purse, each and all have been considered, and to the young housewife with a hearty circle of hungry young people around her to feed well and economically, I recommend especially my chapter on Breadmaking. In the press and hurry of present-day life, British mothers have forgotten to make the most of the staff of life, a big item in the weekly expenditure, where much good money is spent on second-rate stuff, owing to a mistaken notion that the baker's shop is the best place to buy good bread and to the erroneous idea that breadmaking is a difficult and laborious under-

taking. Therefore, with all due modesty and with much good feeling, I dedicate this little book to my fellow-women housekeepers ; to the Young Housewife in particular do I address myself, but I do not thereby exclude her older friends, "young," being used in this case to indicate generally the uninitiated, the amateur or inexperienced. I trust the result of my experiments and pain and labour and many, many failures will bring comfort and real help and economy into many nice homes.

N. R. de LISSA,

*Practical Cookery Demonstrator to Gas  
and other Companies.*

NOTE.—The times given are intended especially for Gas Cooking. A little practice and observation will show that by allowing something between a third and a quarter longer time on the whole cooking of an article of food, the right period for the average coal range may be arrived at. Approximately is perhaps a safe qualification of the foregoing statement, for it is admittedly impossible to regulate a coal range with the nicety and exactitude that the construction of the gas cooker allows. Those who are more accustomed to and prefer the use of coal as a fuel will be able to gauge the proper time needed through the medium of this book with the help of their daily experience of their particular range. Every coal range has some peculiarity or defect or perfection, and those who use it know how to humour the fault or advantage the good points.



## NOTES ON RECIPES

HINTS TO THE UNINITIATED ON  
COOKING AND KEEPING OF FOOD

ALL foods whose factors are named in brackets are recommended for that particular recipe in which found, but they are not absolutely essential to the compounding of the mixture. To achieve the identical result the writer arrived at, the use of the identical material should be introduced, but any other make of the same material may be used at the convenience or discretion of the cook.

The principal points to be observed in arriving at perfection are—

1. Accurate weighing of all ingredients to recipe.
2. Freshness of all goods, and good quality of same.
3. Careful and thorough mixing in accordance with given directions.
4. Careful heating of the oven, gas turned on full for 10 minutes at least *before insertion of food*.
5. Accurate timing and careful placing in the best and most suitable position of each particular dish in the oven.
6. Care to give a little more time rather than too little, and to reduce the heat from time to time at intervals during the cooking. This applies equally to things on the boiling burners and in the oven.
7. Great care must be exercised in the cooling of cakes, pastries and breads, to place them on a cloth or a wire sieve to cool, never allowing them to come in direct contact with a cold surface where steam will generate and make the baking heavy and damp on the bottom. Pies and meat puddings and all hermetically closed dishes of that nature should not

be placed direct on the larder shelf, which will become heated and not permit the bottom of the dish to cool equally with the top as it should. Pieces of wood or some kind of grid or trivet must be placed under the dish to allow free circulation of cool air under the dish as well as over the top. The presence of ptomaines in pies is traceable to improper cooling, and not to the method of cooking pies and puddings, as popularly supposed. The fat on the top of the pie cools first and effectually prevents the escape of any gases generated in cooking, and no number of holes disfiguring the pie crust on top will release these gases if the bottom of the pie is not cooled at the same time as the top. The gases will continue to rise so long as the bottom of the pie is warm, and they will be confined in the meat even if the crust be raised, if the top of the pie cools first and rapidly, as it does by the usual and time-honoured method of placing it flat on the larder shelf in a draught of cool air. Fermentation soon sets up and thus ptomaines are cultivated, and we have a sour pie, or a pie that seems harmless enough but is indeed poisonous. The meat was good to start with, the cooking has not spoilt it, but the bad and irregular cooling has caused the mischief. This cannot be too strongly impressed on the cook, and even quite experienced people do not know of this simple remedial and preventive measure. I heard it from the lips of the greatest living chef to-day, and I hand on the valuable information with the solemn assurance of its importance to the health of the nation.

**Sausages** containing bread, as they usually do, should be placed in cold water and brought gently to the boil and allowed to cook for a minute, then drained and carefully cooled on a sieve. This is an imperative measure if the sausages are not to be used at once. The bread in the sausage sets up



fermentation, and hence the sourness so familiar to those who like pork sausage and who have been disappointed by this delicacy, as they think, of the meat. Sausages containing no bread keep well for a day or so.

**Wet fish** should be well rinsed in cold water with a little salt or vinegar or lemon juice ; they must never be left to soak, running water from the tap is best—then carefully drained, well dried in a clean cloth and slightly powdered with salt, and put away in a cool place with a clean muslin over to baffle flies, and prevent contamination by dust. Nothing goes off so soon as wet fish, and nothing is so dangerous to eat.

**Smoked or dried fish** should be wiped with a clean damp cloth before cooking, after having been hung up in a draught. Meat should be laid on a grid on a dish, raw or cooked, so that it does not lie in juice of any kind, as this readily sours the freshest meat. To arrest any sourness that is often incident to and unavoidable in warm close weather, wash in vinegar, salt and water and dry well ; or a little borax in the water is an excellent arrester of decay and an antiseptic as well, and quite harmless. Well dried, peppered and dusted with a little fine dry flour, the meat may be put away in a cool place and covered with stiff clean muslin, care being taken that no part of the meat is in contact with the cloth, as flies settle on the moist spots thus exposed and soon contaminate the meat.

**Bones for Stock** should be dried in a hot oven till a nice brown, and put away to cool covered with muslin. They keep quite fresh thus for a week in winter and three or four days in summer. When enough have been collected from the joints and from the plates (carefully washed before drying in the oven) the stock pot may be started. This partial cooking of the bones sterilizes them and prevents sourness or

mustiness from keeping. It also improves the colour and flavour of the stock.

**All Stock** should be skimmed free of all rising froth in the first ten minutes of going from cold to boiling point, and this should be done rather quickly. This first water should be poured off and a fresh supply added to the bones enough to cover. When they have reached the boil again, the vegetables and other flavourings may be added. When cooked enough the vegetables should be strained off as well as the bones, and any meat used removed, as anything left in the stock will tend to ferment and sour it; fresh vegetables may be added each time it is cooked again. The liquor should stand in a cool, clean earthenware vessel and the fat be removed when cold. Never leave stock in an iron or enamel pan over night, it will sour and discolour, and there is danger in the working of the vegetable acids on the lining of the pan.

A good and managing housewife has always a good stockpot at hand, at no expense beyond the cooking and the trifling cost of a few pot herbs, as all scraps can go in the pot as well as bones or sauces and gravies left over, and any scraps of cooked vegetables from the plates that have not been touched.

**To line a cake tin** neatly, thus preventing burning of cakes and keeping them a good shape to turn out without breaking:—

Take a wide strip of clean kitchen paper, a little, say 2 inches, higher than the cake tin to be used, make this a double strip the length required to line the tin right round the inside. Turn up on the folded edge about three-quarters or half an inch of the paper in a neat firm fold all along the edge, and clip or tear this at close intervals all along to the crease. Slip this paper into the tin and the clipped part will lie quite tidily on the bottom of the tin. Now trace the size of the bottom of the tin

on a double fold of paper and cut it neatly out with scissors. Drop this into position into the tin, and you will find it is completely lined without a wrinkle, and the round keeps the snicked edge in place.

In the case of rich cake, no grease will be required on the tin or paper, but for a plain cake a little oiled butter or lard brushed thinly and evenly over the paper inside will help to turn the cake out nicely and prevent it catching.

Peel the paper off carefully while the cake is still warm, as once cold it is liable to break away portions of the cake in removal. Put the cake on a sieve or clean cloth to cool and when cold put it in a tin to keep moist.

**To Clarify Fat for Frying and Pastry.**—Melt the fat in a deep pan and when boiling pour on to a third of its amount of hot water, or cold if preferred, but the former is better for several reasons. Place where it may cool on all sides, and when set remove from the basin, scrape off any deposit from the bottom of the cake of fat, and wipe with a dry clean cloth and put away with a clean muslin or in an air-tight tin. If by any chance there remain bubbles of water imprisoned in the fat the only thing is to boil it until all the water has evaporated. It will pop and burst a good deal, and when these explosions are over the fat is ready to pour off.

**To Render Fat.**—Cut the fat in small dice, tie in a soft muslin bag and place in a deep pan with enough cold water to cover and a pinch of salt or carbonate of soda. Simmer gently until the fat is reduced to oil and all the water is boiled away. Lift out the muslin and strain off the hot fat into a basin slightly wetted with cold water to make removal later easier. Cool very carefully and thoroughly.

✻ **All vegetables**, whether for soups or stews or any other use, should be well cleansed, with many fresh



supplies of running water, and then *blanched*. In the case of onions it removes the strong flavour and renders them more digestible ; it also prevents that disagreeable repeating in the throat, so often advanced as an objection to the use of this most healthful and important vegetable. In the case of carrots, turnips, etc., and other roots or stems or tubers, it renders the cooking easier and more certain, especially in the case of stews, and moreover it keeps the colour good and removes all impurities that remain after washing.

The vegetables thus prepared should be placed in plenty of cold water, brought to the boil gradually and allowed to boil for one minute. The liquor should then be thrown away and a fresh supply of boiling water used to cook them. There is no loss or waste entailed in this method of preparing vegetables ; on the contrary, the flavour and value of the food is greatly improved in every way, the breaking down the outer cells of albumen encouraging the rendering of the juices.

**Stock or soup** should be made once a week in winter and twice at least in summer, and boiling up in the intervening days for a few minutes will often save good stock from fermentation. This is also a good test of the condition of the stock, which, though apparently good, may be in process of fermentation at the bottom. If it is bad it will smell badly and get thin. It must in this case be thrown away and a fresh supply made. An excellent stock may be made from vegetables only, and particulars of this will be found in another chapter.

If milk is turning sour it will smell sour, and on heating will divide into liquid and solid. This may be used with advantage in the manufacture of cakes and scones.

## PAPER BAG COOKERY

### POINTS TO BE OBSERVED TO ENSURE SUCCESS

1. See that you get the right bag.
2. See that the bag is perfect and seam side up before you use it.
3. Grease it very lightly and only for moist food.
4. Be sure to place the bag on a grid and the grid on a tin.

Never place it straight on a hot grid shelf in the oven or on a solid shelf or on a tin, it will burst and burn if you are so rash. The heat must circulate under and over the bag to cook the food.

5. See that the bag is roomy enough for the food, that nowhere is there contact between food and bag except where it lies on the bottom of the bag.

6. See that the oven is hot enough to scorch the bag on insertion in the oven. Light the oven up full for at least 15 or more minutes before committing the parcel to it. Turn down the gas on placing the food in the oven.

7a. Let the bag scorch nearly black for fried or roast food to be of a good brown colour.

7b. Medium brown like toast for slow cooking as stew.

7c. Pale biscuit colour for bread, milk puddings and stewed fruit.

7d. If the paper smokes the gas is too high and must be reduced.

7e. Place the food low down in the oven about 4 inches above the burners.

7f. Remove the browning sheet or solid shelf or deflector always before lighting up the oven and never use it with paper bag cookery.

7g. Be careful in cooking vegetables in the bag to first plunge greenstuffs, as cabbage, etc., in boiling

water (not spinach) for five minutes and then in cold and drain. Cook with only enough water to cook the greens and not enough to burst the bag with too much steam ; there should be no water left when the greens are done. A cupful of water to a cabbage is enough. All this should be absorbed by the time the vegetable is cooked. All root vegetables and potatoes and marrows and artichokes should be blanched before putting in the bag, and once the outer cells have been thus broken down the steam will cook them, but it is not advisable to put any vegetable in the bag without this preparation. It is not advisable to cook any strong flavoured vegetables, such as turnips and cabbage in the bag, although they will cook quite well, but the flavour is too strong for many people. The colour of greens will be preserved if they are placed in boiling water as already directed.

8. Do not put too much water in the bag, a quarter of a pint usually suffices, or the steam thus generated will burst the bag.

9. To drain spinach make a hole in the under side of the bag and place a basin there to receive the liquor from the greens.

10. Potatoes are better roast than any other way in the bag, though mashed potatoes warm up nicely in this way, but if they are boiled in the bag they are better done in their skins with a little water, care being taken to prick the potatoes well all over with a fork to preserve the shape and prevent bursting. New potatoes should have a leaf of mint and be cut across if large, and they require longer time than old ones, and should be blanched before going in the bag with the water.

Fish is better cooked in the bag than in any other way, and can be boiled, baked, roast, grilled or fried and braised in the bag. To get the different effect, different degrees of heat are used, and the guide for this is the same as that already given for the different

rates of cooking all foods. No water is required to boil watery fish, as cod, the fish should merely be washed and wiped quite dry and a pinch of salt put on the skin on either side. It may then be placed in an ungreased bag and cooked gently, allowing eleven minutes to the pound in an oven that will colour the bag a pale biscuit shade.

11. Fowls (especially young birds) are most excellent done in the bag, and all the different methods may be used with perfect success.

Old birds may be rendered succulent and tender by long and slow cooking in the bag instead of being boiled to rags in the usual way, which makes the flesh uneatable after the broth has been made. Small birds and game require a very sharp oven and the exact time for cooking only should be allowed, no time over as in the usual method. Old birds require a little water, some butter or bacon, and a few blanched vegetables.

12. Stewed fruits are at their best in the bag, the danger and flavour of contact with a metal vessel being quite absent. A gentle slow heat is needed for this and only enough water to melt the sugar is required.

13. There is no need to baste meat or fish in the bag, the top heat of the bag and the bottom heat radiated by the tin act as basting agents as the heated and steamy air in the bag is always being circulated in the bag and keeps the food moist on all sides. It is better to place chickens and birds of all kinds with the breast downwards in the bag as then the tenderer breast keeps moist and the thighs and other tougher parts get more thoroughly cooked in good time with the breast and tender flesh.

14. If in any doubt about the food being quite done an expert finger pressed gently but firmly on the parcel will give the necessary information, but failing this result of long practice it will do no harm at all to



make one small hole in the top of the bag and inspect its contents. It is better, if the food is not cooking quite fast enough, to remove the parcel for a few minutes and turn up the gas before replacing it, and turn down the gas on doing so. It is never advisable to turn up the gas to brighten the oven when there is a bag in it, as there is always danger of the bag catching fire, as by this time it is scorched and brittle. There is no harm in taking the bag out for four or five minutes, and this will not spoil the cooking of the dish at all. If there is no need to turn up the gas give the food a little longer, even ten minutes over the proper time will not overcook or dry up the dish.

15. There is no occasion for untidy or messy dishing up with the bag. A hot dish should be placed half way under the shelf where the parcel is cooked and the grid slightly inclined to the dish. If the Soyer grid is used the parcel will slip quite easily off the smooth surface on to the dish. The sides of the bag may now be cut all round with a sharp pointed knife, care being exercised to drop no more fragments of paper on the dish than possible, and then, holding the joint or other food in place with a spoon on the dish, gently withdraw the under side of the bag, and everything will be dished just as it was placed in the bag. Stews should be mixed with all flavourings, gravy and other ingredients, in a basin, and poured into the bag gently and carefully. Roasts should be slightly basted over with melted dripping which should in a moderate quantity be poured into the bag and the sides pressed to spread it over the whole surface. If there is much dripping when the bag is opened, a hole may be made underneath, and with a slight tilt of the dish this may be drained off into a basin. The gravy will be all inside the meat and very little in the bag unless something has been added. The cold meat will be found juicy to the last scrap and the meat well cooked and a good colour throughout, and no dried up or half



raw portions. It will be found also deliciously tender, even the coarsest parts of the animal.

Fish will flake easily and part freely from skin and bone while still warm. Salmon and oily fish of this kind, and hard fish like turbot and halibut, require a little water to cook in. Pickled fish is incomparable done in the bag, herrings, mackerel and others of that kind may be so cooked with a very little vinegar in addition to the other flavourings.

In timing allow only the time per pound weight. Bread requires ten minutes longer than the usual way to cook out the water. Milk puddings done in a dish need ten minutes more for the dish. Bacon goes in a sharp oven for three minutes, a hole may be cut in the top of the bag and the eggs dropped in one at a time and put back for three minutes or less to set. Sausages require fifteen minutes, fish exact time per pound weight, also poultry. Remember you can scarcely have the oven too hot for roasting or grilling or frying, but always turn down the gas before putting in a parcel and neither food nor bag will burn. If the right and only possible bag be used, bearing the autograph signature of Nicolas Soyer "Kookera" paper bag, there will be no flavour of nor any danger of poisoning from contact with the paper. No other known makes are satisfactory except these, which took years of experiment to perfect.

## HOW TO SUCCEED WITH THE GAS COOKER

**THE Oven** must be ready for the food rather than the dish for the oven. Especially is this important in the case of cakes, puddings, biscuits, etc., where baking powder is employed as a raising agent, as if the mixture in this case is kept waiting the raising power

of the agent deteriorates by effervescence and evaporation. The result will be a cake or other edible heavier by reason of the faulty rising than if nothing had been used for lightening the mixture. Such things must go into the hot brisk oven the instant they are ready to cook. It is for this reason advisable wherever possible to put the baking powder in last of all to make sure, but where a self-raising flour is used then speed in consigning to the oven is necessary before all.

**Measure** all that is used carefully and exactly; everything should be ready at hand before weighing. Before commencing to weigh up, if the mixture is one soon prepared, turn the gas on full in the oven and leave it so for ten minutes at least, then if the cakes are ready turn it down and put them in. If the mixture requires more than fifteen minutes to prepare do not light up the oven till there is sufficient preparation left to use up ten or fifteen minutes, according to the temperature required to start the cooking. If the oven, by reason of some delay, has become too sharp, open the door for a few moments after turning down the gas, and leave it, till by inserting a hand, the temperature is ascertained to be satisfactory. It is better to have the oven too hot at first, a fault easily remedied, than too cool, as the latter state, although it can be altered, means that the mixture is kept waiting, or, if it has been put in the oven, will not start cooking properly and will be utterly ruined. By observing these simple rules much annoyance is saved and gas economized.

**To Test the Oven.**—Put in a sheet of white paper. If this darkens at once to a deep brown, almost black, there is a good pastry oven, known as sharp, brisk, or very hot. Put the hand in to get an idea of the feel of the oven, an experienced cook judges by the hand only. The paper is to teach with.

The medium coloration of the paper indicates the right temperature for cakes and puddings and pies, roasts and bread, and this is a good or sound or hot oven. A pale biscuit shade will prove that the oven is ready to receive milk puddings, fruit cakes, merinques, biscuits as all these require a steady and gentle heat. This is called a moderate oven. Less than this is a cool oven.

The medium or moderate oven for casserole cookery and cakes (plain), very hot at first and moderate after ten minutes. The same applies to fruit cakes that require long cooking. A sound heat at first to ensure that the cake rises and has a good bottom, place near the top first and lower later. The same for pies and roasts, etc. The pastry oven is the temperature for Paper-Bag Cookery. Reduce the flame on placing the bag in the oven.

**Position in the Oven** is another important factor in successful cooking. Small cakes and light biscuits should go near the top of the oven under the browning sheet or deflector, for a few minutes only, 5, 10 or 15 minutes.

Large cakes, bread, joints, baked puddings, large pastries, as pies, etc., in the middle of the oven.

Milk puddings on a grid shelf above the browning sheet, but never on the solid shelf itself.

Thus the roast may be cooked in the middle of the oven with the solid shelf just above it to brown nicely, and the milk pudding above, as described, will cook gently in a more moderate temperature; this is easily obtained by dividing the oven in two with the deflector and preventing the full heat from rising into the upper part of the oven. Another grid shelf above the pudding will allow another dish to cook gently or warm up, as fish, or stewed fruit, or some meat left over covered with another plate will be nicely heated without cooking too much. This is the way in which the gas may be economized.

If the oven is too hot at the start turn down the gas and leave the oven door open a very few minutes.

**To Prevent Burning.**—Over a pie or cake lay a double fold of clean white paper. Over fish, greased paper, and over meat and chicken also greased, to prevent sticking and keep in the steam. To brown these dishes at the last, remove paper for last ten minutes, and if necessary turn the gas up a little till browned nicely.

**To Ensure Thorough Cooking.**—*Never* put anything in a *cool* oven unless particularly so stated in a cookery book, as meringue for example which does not require cooking but only “setting.” Get the oven *hot enough at the start*, so that cooking commences at once and continues steadily throughout the allotted time.

*Never* open the oven door oftener than need be, and, unless there is a smell of burning, or a sound of spurting and boiling over (when it may be necessary to open the door to see if the flame be too long and to ascertain the proper amount of gas needed) do not open the oven door to look at the food therein for at least 15 minutes after placing large articles there, or 3 to 5 or 10 minutes for small cakes and quick cooking dishes that may burn readily, as flaky pastry. The reason for this is that the oven may recover the heat lost by inserting a cold body therein, and that the first process of cooking, the setting of the exterior, may be fully established before letting any cool air attack the cooking comestibles and retard their progress, as in the case of cakes and pastries and soufflés especially, any in-draught will certainly arrest the rising, and this once stopped will not re-assert itself, for the absolutely simple reason that the effervescence will be killed, being already partly used up by the action of heat. Thus a heavy and badly cooked half-risen cake or pastry will result.

*Be sure, therefore, never* to open the oven door



abruptly, nor too far, to move gently and carefully in front of it, so as not to let too much heat out or too much cold in, do not open it while there is a cool draught from an open door or window playing on it, or while a second person is passing and making thus an air current, and *never, never* bang it to. Peep quickly and close *very, very* gently, and be sure it is closed. By banging cold air is absolutely explosively forced in, and down go the cakes and moreover "lighting back" may and often does ensue, and this means turning out the gas, removing the "baking," airing and relighting and heating the oven, *and* a spoilt and ruined batch of cooking! It all sounds elaborate and perhaps difficult or even absurd, but it is all a simple and common-sense method, and any one can understand and observe these few easy precautions without difficulty or strain.

Any extra time or care spent over the details of cooking are always their own reward, and tenfold so.

**For Roast.**—Leave joint in ten minutes with the gas half-power, then when the meat is satisfactorily browning and the exterior thus sealed to ensure good cooking, turn the flames down to one quarter of full on, a mere blue speck.

**For Cakes.**—Leave one quarter of an hour to commence rising and "to bottom" (i.e. commence to cook from the bottom, otherwise they neither rise nor cook right through and must therefore *commence* at the *top* of the oven). If there be any smell of scorch before fifteen minutes are up, open the oven door gently, take a peep and adjust the flames and thus the temperature, and if the cake seems to be cooking too fast, or browning too quickly, as well as reducing the gas remove the deflector, put the cake lower in the oven, and place a double fold of clean white paper on top, and close the oven door; the cake will then go on cooking gently and steadily. In the case of a rather

rich cake, when it is finished cooking leave it in the oven after the gas is out for some time to "soak out." This means that any extra moisture likely to make the cake too "puddingy" or leave patches of butter, as does happen with uneven mixing, all extra richness will be absorbed and dried out by the gentle warmth still left in the oven, and by thus cooling off gradually the cake will remain light. Small cakes often can be finished off this way when they require only a few seconds more cooking and seem likely to burn or get too crisp with the gas still on. This is a hint worth remembering. A milk pudding also, if plenty of milk be used as in rice milk, will be improved and become creamy if treated in this way and extra evaporation of milk avoided at the same time.

If the milk pudding boil over, blow on it, till it falls, and remove to a cooler part of the oven and if necessary to make it cook more gently, place the dish in a shallow tin containing a little cold water. It is not a bad plan to place this at the first if there be nothing in the oven to which the steam might prove derogatory, and prevent thus mess of boiling over and the consequent disagreeable smell of burning. Also a slow, even cooking is ensured, as milk puddings cook very quickly at the bottom, and this often prevents the proper swelling of starch grains in the milk; the milk boils up before the starch commences to cook, and much waste of good material ensues and the necessity arises of adding more milk at intervals. See that the oven is cool where the pudding is placed. Custards and soufflés must always have the dish stood in cold water, as egg cooks more quickly than anything, and too rapid cooking of the former causes curdle and separation, and in the other case the lightness is spoilt, as great heat arrests the rising of air bubbles in the beaten egg and sets the egg yolk too soon.

Otherwise, except in the case of sponge cake, a

dry and slow cooking mixture, *never* introduce steam or water in the oven other than that required for cooking. *Do not* put water in the drip tin, or with the roast joint, *whatever* the *card of instructions* may tell you that comes with the gas cooker! This card has not been arranged by a practical cook. It is merely an *engineer's surmise*! Steam in the oven arrests cooking, lessens the temperature, makes the oven walls sweat, and in the case of meat prevents browning, and in the case of pastry and cakes prevents browning and, worse still, rising.

It is impossible to make a good crust to bread with steam in the oven, but to make a tender crust and to glaze it on small Vienna breads it is permissible and even necessary to place beneath the breads, as with sponge cakes, on a shelf below, a pan of hot water. Remove a few minutes before completion of cooking to allow of browning.

*Always remember* that the cooking is done not with the gas jets but by means of the **hot air stored up** in the gas oven, which is kept hot by the heated walls of the cooker, and can be maintained at an even temperature for practically an indefinite period by first letting the flame remain at its greatest height for a given time, and then reducing it to a smaller dimension, half or quarter or whatever size is necessary to produce the particular temperature desired. If there is a lack of experience, it is not a bad plan for the cook to obtain a thermometer made for the purpose, and place it in the oven, ascertain the degree of heat required for an ordinary dish, and when the oven has attained the desired temperature test it with paper, observe the colour of the paper under these conditions, and also place the hand inside the oven and take careful note of the "feel" of that degree of heat. A little practice will soon remove the need for use of thermometer or paper, though the latter is useful to test the heat when a very special



oven is required for a particular dish needing extra care in starting.

Try and realize also that, in spite of a too common belief (even in these enlightened days, among those who know nothing of gas as a cooking medium), there are *no fumes* of any kind in a gas oven unless it be the savoury perfume arising from the cooking food. This is the cleanest, most sanitary, and purest and most certain method of cooking known to-day.

On the boilers it will be observed that the saucepans are raised by pieces of metal well above the flames. This again demonstrates clearly that the cooking is done not with the gas flame but with the hot air generated under the pans. There is always a current of fresh air arriving, as the heat causes a vacuum to be formed constantly. Thus the heat is regular under the pan, and that inside the pan can be kept even in the same way as the oven by reducing the flame till the required pitch is needed.

*Never* let the flame appear outside the saucepan, but extend simply under the entire bottom surface. Any excess of gas beyond this is simple waste and is not only heating the room needlessly but will not hasten or improve the cooking in the least. This is obvious to the least intelligent. Remember therefore that "gas is an excellent servant and a bad master," and the more the consumer is economical in its use the better the results obtainable and the greater the satisfaction therefore all round.

It is a well-recognized fact that gas companies and stove makers do not like to hear of gas used extravagantly, as this, although it may swell a quarter's account, will never arrive at encouraging the use of the finest domestic medium for obtaining heat for cooking that has ever been known to the present day. Oil gives fine results, but it is dirty, inconvenient, and disagreeable in use and really not so economical. The price of oil increases daily, the price of gas, as the



cost of production is continually reducing, and more use being found for the enormous number of by-products, is getting notably and rapidly less year by year. It is so cheap nowadays that only the most prejudiced and narrow-minded could prefer the dirt-producing and labour-wasting and money-losing method of cooking by the ordinary coal range as supplied in most middle-class houses. There are, of course, huge and expensive ranges of wonderful perfection obtainable, but they are only suitable for mansions, where expense is no object, or where there is a preference for meat cooked this way.

*Do not forget* that if the recipes which have all been tested and proved correct are faithfully followed, as well as directions for oven, etc., there is no possibility of failure to obtain perfect and similar results.

*Be most careful* to measure accurately each and every ingredient. The eye, however practised, is never a sure guide. Good cooks, experienced cooks, do not guess in the case of anything except flavourings, and then they *taste* to make sure as they mix. It is always worth the little extra time needed to weigh up, and absolute success is the reward. Accuracy is nowhere more valuable than in the art of cookery. A little too much or too little makes all the difference, and in time of cooking or quantity of ingredients, will certainly disturb a scientifically arranged balance, and the good materials are spoilt, and wasted, also gas and many other good things.

To use gas for cooking means, in effect, a saving of labour, time, *temper*, prevents dirt and mess, and it keeps the house cool and free of cooking odours in summer. Baths, food, lighting, heating, all are best, most easily and economically and swiftly obtained by means of gas. Turn on the tap to start with, turn it in varying degrees during process, and turn it off to finish with, and *that is all*.

No dirty flues to clear of soot, no ashes or cinders to

sift, no wood to chop, no coal to break, no anxious waiting to see if the fire burn up, no subjection to varying winds or dry or damp atmosphere, no waiting to see if the oven "takes," no danger of getting too hot, or the fire going "down" or out at the wrong moment, and no black-leading, etc., etc.

### To Light the Burners.—

1. Have a taper ready lighted.
2. Turn the tap full on for a moment or two, to allow the air to escape, then,—
3. Light up all the holes in the burner.
4. Turn it down at once to the required height.
5. *Do not* hold the taper close to the burner, but rather two or three inches away, and then apply quickly to the gas and extinguish it.
6. Do not attempt to light the gas until all the air has gone out of the pipes or else the burner will "light back—" that is, the air and gas combined will ignite in the pipe and boil there, producing a disagreeable odour, a roaring sound, and at the burner a reddish flame with white points will appear, and in the airhole near the tap a little blue flame of gas. The flame on the burner is air and has no value as a heating agent, and the gas alight in the pipes is rather dangerous. The right thing to do in this case is to turn off the gas at once, wait a few minutes for the pipe to cool off, and turn on the gas again for several moments and light up. A sudden draught, such as banging the oven door, or a door slamming to in a room or a rush of air from a window will cause either oven or boilers to "light back." It is well to avoid this occurrence, especially during the process of cooking, as a complete derangement and change of temperature most undesirable is by it brought about. Light dishes particularly suffer by such an accident. A burner with the gas very low will blow out and light back with a draught.

7. Never blow the gas jets to make all ignite but pass the taper all round the burner if necessary.

8. *Remember, always turn out the gas first and at once* if there be anything amiss, and there will never be any alarming or dangerous accidents by the use of gas.

9. To avoid the mess caused by occasional and unavoidable boiling over it is well to use asbestos boiling mats when the saucepans are to be left alone for any length of time without attention.

10. For a long period of cooking, simmering or stewing these mats are quite essential and ensure even and regular cooking without waste of gas or burning in one spot, as a very little flame can be made to cook a large quantity of food satisfactorily by means of the distribution of heat all over the mat and under the surface of the pan placed on it.

To cleanse these mats turn them over and burn off the refuse spilt on them.

11. Remember that asbestos mats are non-conductors of heat rather than radiators, but two or three moderate sized saucepans may be simmered all at once on one tiny gas jet with a mat placed on it, a great economy indeed at a very small outlay.

**To Keep the Gas Cooker Clean.**—This is very easy and most important, both from the point of view of cleanliness and good cooking. A dirty stove smells evilly each time it is used and causes a disgust for food and cooker and also it will not and cannot cook so well as a clean utensil always does.

*The oven* should be dusted well before using, and once or twice a week, or more if needed, a damp cloth dipped in common salt should be used to remove, as it does instantaneously, all stains and soil from the enamelled walls of the oven.

*The boilers* should be kept clean of all spilt matter, and may be washed in hot soapy water with a little paraffin added, and must be turned and shaken free of all water and well dried.

*The steel parts* may be kept clean with a rag steeped in a little paraffin or turpentine to remove grease and rust, care being taken to employ these agents only when the stove is cold and all the cooking over for the time. Polish with emery paper or brass polish or brick dust as preferred and dress with a little vaseline to prevent rust.

The inside of oven and shelves are easier cleaned while the stove is still warm after cooking. Grids and racks must be wiped over regularly with a slightly damp cloth rung out in soapy water.

*The black enamel parts* can be renovated from time to time with any good stove enamel and kept clean with a turpented rag used at a suitable time when no gas is alight. Turpentine is recommended as quickly removing grease and retaining the polish.

*Taps* may be kept bright with any good metal polish.

By observing all these little details a gas cooker may be kept clean, bright, new and serviceable for an indefinite number of years and will always give complete satisfaction and *no smell*.

**Economical Hints.**—Minimum gas consumption and maximum results. The top heat from the boilers will keep plates and dishes hot on the rack now provided on the greater number of gas cookers, or will dry wet cloths.

The top heat from griller may be utilized as it stands for kettles, etc., or for dishes if an asbestos mat be used, or better still, a steel table be procured to fit over the griller and asbestos mats placed thereon for heating plates, etc., or else it can be used as a simmering surface. A baffle or toaster may be used instead of the grill if a little toast is required, and a small enamel pan or saucepan on top will cook eggs or milk, etc., for the breakfast at the same time, providing two dishes with one burner as well as plenty of top heat for plates.

**Utensils** of all kinds must be kept scrupulously



clean, *outside* is as important as inside. Any coating of grease accidentally acquired by boiling over, or by the dipping of the pan in greasy water while washing-up, and the failure to remove this soil, will cause, by capillary attraction, a heavy deposit, hard to remove, of crusted and burned soot on the underneath surface and sides of the saucepan. This produces the too well known and objectionable odour usually ascribed to the gas rather than its real cause, and also hastens the end of the saucepan and burns the food. Also once the coating is there, burned on, it requires more heat, more gas to cook the food and this in turn is likely, almost sure to catch and spoil.

All inside stains or burns or residue of cooking or chips in enamel encourage burning and waste of food. These marks inside and out are quite easily removed if attended to at once, and not neglected and reheated, by the use of hot soapy water, and then any of the mineral powders used to-day, or simply silver-sand or brickdust, moistened slightly, and rubbed with a cloth or brush till all is clear, and then rinsed and dried carefully. Saucepans of all kinds last practically for ever if fairly and properly used with the gas cooker.

See that there is a good full supply of gas to your cooker, as an indifferent supply means a longer period of cooking, inferior results and waste of gas and time. The gas for the cooker, if other than a table griller or small bachelor stove, must be obtained direct from the main and not by means of a flexible tube fitting attached to a wall lighting supply as for a gas boiler ring.

In using French earthenware, be sure to dress the outside bottom surface of the casseroles with a clove of garlic rubbed till it is all used up over the pan. This coats the earthenware with oil and prevents breaking, by expansion through heat, of a dry pottery surface. Now fill the vessel with cold water with a pinch of salt and bring slowly to the boil over a moderate heat,

boil a few minutes, turn out the gas and let stand and grow cold. When cold empty, rinse, and wipe quite dry. The pan is now quite fireproof, but at the same time it is necessary to avoid a high fierce flame, which is likely to crack the pot. Also there is a waste of gas, as once heated through these admirable cooking vessels continue to cook the food with very little heat at all under them. Never pour cold water into a hot casserole to cleanse it, or the sudden contraction will break it. Never try fast boiling, as for vegetables, in casserole, only simmer.

Enamel, tin, aluminium, copper, iron vessels may all be used with safety at any temperature if sound and *clean*. Aluminium heats readily and fiercely and requires moderate heat and asbestos mats. Finally, an attempt has here been made to meet and anticipate all difficulties and questions in this matter of gas cookery. If any reader has still a question unanswered in these pages will she please be assured that such question, clearly indited on one side of the paper and a stamped cover enclosed, will be fully and willingly answered if addressed to the author of this little manual.

MADAME N. R. DE LISSA.

## HOME-MADE BREAD COOKED BY GAS

I AM devoting a whole chapter to this most important department of home baking. There are golden rules to follow, and if they are faithfully observed you cannot fail to improve on your present baker. These rules are :—

1. Use only the best materials—flour, yeast, sugar, butter, etc.
2. See that the flour is dry and clean, the yeast fresh and moist and sweet, and the sugar and salt free from dust or specks and the water clear.

3. Be careful to measure the exact quantities mentioned in the recipes which should be taken from a reliable source.

5. Grease the tins or sheets with lard or good dripping or nut oil and dust lightly with dry flour or rice flour. See that the tins are well warmed before placing the dough upon them.

6. Be sure there is no draught where you set your dough to rise, get a moderate steady bottom heat, as above an oil stove or over a steaming copper or above your gas cooker while cooking is going on in the oven, or else in the oven with the door open after the gas is turned out from the last cooking.

7. Do not cream your yeast with water too hot or too cold, 80 degrees is the usual temperature, about blood warm. Use your thermometer often and carefully.

8. Do not be afraid of getting the dough too wet, you can always work in more flour, and if the yeast is thereby weakened leave the dough to work a little longer.

9. It is always better to use too much yeast instead of too little. In halving quantities always use a little more than half the yeast prescribed for half the flour.

10. Knead the dough well, and when it leaves the basin and the fingers clean it is ready for use, then set it to rise. See that there are no lumps, it must be light, smooth and elastic, velvety to the touch and full of nascent bubbles.

11. Keep the dough warm and see that the tins are well warmed. Prepare them ready before you commence to mix the dough.

12. For large quantities it is better to make a sponge and let it rise and then beat in the rest of the ingredients and leave to rise again the full time. For small quantities mix and mould into tins at once and set to rise. Never put the tins straight in the oven after moulding up the bread, as it must have at least

a quarter of an hour for the dough to recover again after handling.

13. Be sure you get your oven hot and steady, not rash as for pastry. Heat it with the gas full on for 20 minutes at least, then turn down the gas quite low for 10 minutes to allow a steady heat to take place, and *then* put in the bread in the centre of the oven for large breads, and near the top for smalls. Do not use the deflector or browning sheet. Reduce the heat as cooking proceeds. Turn down the gas as soon as the bread begins to colour. It should always rise before it colours. For 15 minutes at least do not open the oven door after putting in the batch.

14. Place the bread on a sieve or cloth to let the steam escape; never put it away in a covered vessel while warm or it will turn sour. Home-made bread keeps moist longer than baker's bread, and there is no need to bake oftener than twice a week. For toast use bread two days old.

### HOUSEHOLD BREAD

3½ lb. white flour. 2 oz. yeast. 2 teaspoonfuls salt.  
½ teaspoonful castor sugar. 2 oz. lard or nut butter. Warm water to mix, about 1½ pints, according to fineness and dryness of flour.

*Time*—Large loaves, 1½ hours : moderate oven.

Small rolls, 15 minutes : sharp oven.

**Method.**—Cream the yeast with the castor sugar. To it add a little of the water, just tepid, and stir till all is smoothly mixed. Place the flour in a roomy basin, rub in the fat and add the salt. Pour the yeast into a well in the middle of the flour, cover it with flour and leave until cracks appear in the heap. Now stir in the warm water gradually till all the flour is taken up and a soft, moist, light dough results.

Knead this well with the hands until it leaves them and the basin clean, dust the bottom of the basin with



dry flour, and make the dough into a large ball, dust it lightly with flour and score across the top with a sharp knife. Cover with a clean cloth over the top of the basin, being careful not to let the dough touch the cloth as this might prevent the dough rising high enough. Place it in a warm place, if possible free from all draught, and with a nice steady bottom heat for about  $1\frac{1}{2}$  to 2 hours until it has risen. When it has risen to at least double the original size and has a thin skin which on touching lightly collapses, the dough is ready to be knocked down again and then moulded up into shape for baking. Half fill the warmed and prepared tins, which have been greased, and add a little dry flour dusted into them to coat thinly, all superfluous flour being shaken out, and set in the warm to rise again for 15 minutes or more.

The dough must be pressed well down into the moulds, especially into the corners. Have the oven alight before putting the bread to prove for the last time, and when it is ready the oven also will be ready for the bread. Remove the browning sheet and place the grid shelves in such position as to take two or more batches, the top shelf on the second slot from the top of the oven and the bottom shelf two slots from the bottom of the oven, to escape the scorch of the flames of the oven burners. If the tins are not too large two tins may be placed side by side not to touch. It is better not to fill the oven overmuch or the steam will not carry off fast enough and the bread will consequently become heavy and slack and the crust dull. Give a large loaf 1 to  $1\frac{1}{2}$  hours and smaller loaves 40 minutes, or a little longer in each case if a hard crust is desired.

Turn on to a sieve or turn upside down on a cloth to cool. Test if bread be cooked sufficiently, tap it sharply, and if it give forth a clear ringing sound, it is done, if the sound be dull or doughy it is not quite ready. See that the bottom does not yield

to pressure by the fingers. Remember that bread must rise well before it commences to colour.

If it commence to colour at once it shows that the oven is too brisk, and this will produce a good hard crust of nice colour, but the bread inside will not be well risen or well cooked. The crisping and cooking of the outside will have produced a hard casing, through which the yeast cannot rise nor the steam escape. Once the crust is formed the bread cannot rise any more. The same may be said of cakes, but these, being a moister mixture and therefore softer, will, after forming the outer crust, break at the top and "spew out" the soft middle and spoil the shape of the cake. The cake thus gets cooked all through, but bread does and cannot obtain this outlet. Always have the oven ready for the bread, not the bread for the oven; it is as bad to overprove as to underprove the bread before baking. Either will be heavy, as though overproof will give a lot of open holes it will soon fall in again, never to rise more, and the bread will be close and doughy, or if not proved enough the yeast will be killed before it has had time to raise the bread.

Well cooked bread should be crisp as to crust, a good pale brown colour and have a nice fresh bloom on the crust, when cut it should be full of tiny holes of even size and the texture the same all through, and no hard portions or large holes. It should be soft and light in crumb and a good creamy colour, not too moist nor too dry, and the taste should be sweet and nutty.

### FANCY BREADS

*Of all sorts and colours and sizes*

**Hovis.**—*Brown Bread.*—Perhaps the best known to-day of the brown breads, contains all the germ and no bran. This requires special treatment, is a quickly made bread and *requires no salt*. It must be made up almost too wet to handle, nearly a batter. It needs to rise for 15 to 20 minutes only and must be kept

warm and go in a good oven for 35 to 50 minutes according to size of loaf. Rolls, 15 minutes.

Take—

3½ lb. Hovis Flour. 2 oz. yeast. ½ teaspoonful castor sugar for the yeast to cream. No salt. Water to mix, warm, about 1½ pints.

Warm the flour, placing by preference in an enamel pan which will take the heat. Cream the yeast, add some warm water, pour to the flour, stir in the rest of the water gradually until a soft batter is formed. Flour a board and the hands well, mould up lightly and place in a warmed tin prepared with grease and flour as already described, and half fill with the dough. Put in a warm place lightly covered to rise for 15 to 20 minutes. When the dough has reached the top edge of the tin it is ready to go in the oven, which must be a steady one, for from 35 to 50 minutes. Test in the usual way, and place on a sieve to cool.

**Artox Wholemeal Bread.**—This is a wholemeal containing all the germ and all the bran. This is ground very fine so that the spiculæ do not irritate the stomach, and at the same time all the valuable body building qualities of the bran, which is rich in proteids, are retained. This is treated the same as white flour, with perhaps a little extra water, the same recipe as for household bread holds good, and time to be a little longer in cooking and a little less in rising before baking.

**Turog Brown Bread.**—This is another different wholemeal flour and contains, besides the wholemeal in a very fine form, and partly cooked, an addition in the shape of malt, which greatly adds to the fine flavour and colour of the loaf as well as to its nutritive qualities. It makes a bold loaf of unusually fine texture and requires very fine workmanship in the mixing. Once this is mastered the results justify all the extra trouble. Full time as prescribed by the millers must

be given to all the various processes of mixing and proving and the baking, if done in a gas oven, must have the addition of steam in the oven, which is introduced by means of a pan of boiling water on the shelf immediately under the loaf.

Take—

3½ lb. flour. 2 oz. yeast. Warm water to mix, about 1¾ pints. A nice dessertspoonful of salt.

Warm the flour, cream the yeast with a little warm water. Strain this to the flour, work in the rest of the water gradually till a rather dry and elastic dough is obtained free from lumps or dry patches. It is advisable to wet only the 3 lb. first and make rather a moist dough to which the rest of the flour can be gradually added and worked in evenly. Too dry a dough will toughen the bread, too wet will not cook through properly. Leave the dough, which is to be very well kneaded to rise for 1½ hours, knock it down again and knead well and put to rise again for half an hour. Knock down again, knead, weigh and mould up into the tins and leave to "recover" for about a half of an hour again before putting into a good slow oven. Cook gradually for 1 to 1½ hours for a 2 lb. loaf, 40 minutes for a smaller one, sharpen the oven for the last 10 minutes if the crust is not crisp enough and remove the basin of water from the oven for that time. The dough should be pressed well home into the tins and be allowed to rise to the edge of the tins when it is ready to go into the oven. Rolls go into a rather sharper oven, without steam, for 15 to 20 minutes.

### STANDARD BREAD

This has grown in popularity and has now taken a certain stand with ordinary household breads. Containing 80 per cent. of the germ, but no bran, it is light cream in colour and very rich in phosphates. It must



be put in pans, risen quickly and made up quickly, care being taken to watch the moment the dough is ready to bake, as it falls as readily as it rises. The tins should not be too full, as the dough soon runs and overflows. It requires the full quantity of yeast and a little over, if possible, as it is rich in oils; it should be made up wetter than white bread, but not so wet as Hovis. It must be handled lightly and baked as soon as ready, so that it is as well to mould it up and set to rise in the pans in which it is to be baked.

Take—

3½ lb. good standard flour. 2 to 2¼ oz. yeast. 1 dessert-spoonful salt. ½ teaspoonful sugar. Warm water to mix, about 1¾ pints.

Here again it is better to take the 3 lb. of flour first to mix and add the balance of the flour gradually until the proper consistency of dough is obtained. The dough should be moist and elastic and leave the fingers and basin clean. Bake in a good oven 45 minutes or more, according to size of loaf or moisture of dough, or according to whether a well or slack baked loaf is desired. Rolls, 15 minutes, sharp oven.

### WHOLEMEAL BREAD, any Kind of Ordinary Flour

Same recipe as above, same treatment. Bake a little longer, let rise a little less time. This kind of bread often requires longer and slower baking than the white bread, and care must be taken to observe the different treatment required for different types of flours. Only practice and observation can teach.

### VIENNA BREAD (Fancy)

3½ lb. best Vienna or Hungarian Flour. 2 oz. yeast. ½ teaspoonful sugar. Salt to taste. 2 oz. butter. Milk and water (warm) to mix. Egg wash to glaze. Rub the butter into the flour and salt, cream the

yeast, add a little warm milk and water to it and stir down. Add to the flour and cover for a few minutes. Add the water and milk gradually until a soft, light and very elastic dough is made. Let it rise for 2 to 2½ hours. Knock down and mould into loaves or rolls as required and brush over with egg wash, set to rise 15 to 20 minutes in warmed and prepared tins or on baking sheets. Bake 40 minutes for loaves and 10 to 15 minutes for rolls. Brush over again while hot. Cool on a sieve.

If liked an egg yolk or two can be added to the milk and water, it makes the bread more cake like and a nice creamy colour. The egg yolks should be dropped into the well in centre of flour and the milk stirred to it so that the yolk colours the flour quite evenly throughout.

### **RYE BREAD, or SCHWARTZBROD**

3½ lb. rye flour. 2 oz. yeast. Warm water to mix.  
Egg wash. A few caraway seeds to flavour.

This is a very digestible and nourishing bread. Treated as usual, baked well, proved well, and a few caraway seeds pressed into each loaf, which is usually torpedo shaped. It is delicious and supporting and of a very fine texture. Once tasted it is always appreciated. It is good bone and body building and rich in phosphates.

### **FRENCH APPLE BREAD**

This is rather a novelty, easy to make and very tasty. To 5 lb. of flour add 2½ lb. good cooking apples. These peeled and cored and cooked, with a very little water, to a pulp should be rubbed through a fine sieve and added, while still warm, to the yeast and a very little water, enough to mix to a light dough. Milk and water may be used if preferred. Make up into rolls,



$\frac{1}{2}$  oz. each. These, after making up, the dough having first risen well for 2 or 3 hours, should prove again well in 15 or 20 minutes, and should puff up double the original size if well mixed. Bake in a sharp oven for 15 minutes. Brush over with a milk and sugar wash while still hot. Cool off on a sieve if not to be eaten while hot.

### POTATO BREAD

This is very light, moist and digestible. To  $3\frac{1}{2}$  lb. of flour allow half the quantity of potatoes, lightly steamed, nice and dry and sieved while still warm. While warm add to the flour with salt to taste. Cream 3 oz. yeast in the usual way and add with sufficient warm water or milk and water till a very light moist dough is formed. Leave to rise  $1\frac{1}{2}$  to 2 hours. Mould up lightly, prove 15 to 20 minutes and bake in a quick oven, 15 minutes for rolls, 30 to 40 minutes for loaves. If preferred the potatoes may be boiled to a mash and the resultant thick water used instead of the sieved potato. Care must be exercised not to make the dough too wet. This bread does not keep very well and must therefore be eaten while fresh.

### BAKING POWDER BREAD

$3\frac{1}{2}$  lb. flour.  $\frac{1}{4}$  lb. baking powder. 2 teaspoonfuls of salt. Milk or milk and water to mix. A little butter (1 oz.) if liked.

Add the baking powder and the salt to the flour, rub in the butter if used. Mix quickly with water or milk and water slightly tepid. Mould rapidly and do not knead more than is required to shape into rolls or loaf, and bake in a very quick, sharp oven 30 to 40 minutes for loaves and 10 minutes for rolls. Must be eaten the same day.

**CURRANT OR SULTANA BREAD**

3½ lb. flour. 2 oz. fruit. 2 oz. yeast. 2 oz. butter.  
 A little nutmeg or three drops essence of spice.  
 Salt. Milk and water to mix.

Put the salt to the flour. Cream the yeast and add the warm milk and butter to it. Put this to the flour with the spice and leave to work for a little time. Wash and dry the fruit well and dust it with flour. Mix the dough and last of all work in the fruit, knead well and set to rise in a warm place for 1½ to 2 hours. Mould up and prove for a further 15 minutes, bake in a steady oven for 40 minutes. Brush over while hot with milk and sugar or egg wash.

**BUN LOAF**

Same as above with the addition of more fruit, some candied peel and 1 or 2 eggs, a little more butter and some sugar to taste. Beat the eggs and pour the milk and butter warmed together to it and add this to the creamed yeast. Work all into the dough, add the fruit last of all. Bake as currant loaf, a little longer to be sure of the fruit being well done.

**SALLY LUNNS AND YORKSHIRE TEA CAKE**

12 oz. flour.  $\frac{3}{4}$  oz. yeast. 1½ gills warm milk. 1  
 teaspoonful sugar.  $\frac{1}{2}$  oz. butter. 1 egg.

Mix as above, but very moist. Put straight into three warmed and prepared tins and set to rise for 1 hour and bake in a good oven 20 to 30 minutes.

**DOUGH NUTS**

1 lb. flour. 2 eggs. Caraway seeds if liked.  
 Warm milk and water to mix. Salt. Jam.  
 Frying fat or oil. Castor sugar to dust.

Make a good light dough, moist and not too wet to hand, break off small pieces the size of a walnut, press a small hole, fill with jam and press together

again, drop into hot fat or oil, cook till brown and puffed up twice the original size, drain on soft paper and roll in sugar while still warm. The fat must be hot enough to make a firm crust outside without browning at once; if it brown at once the nut will not swell up as it should and it will be undercooked and heavy. The fat should just begin to smoke and no more. Do not put in too many nuts at a time and let the fat warm up between immersing each three or four cakes.

### HOT CROSS BUNS

1½ lb. flour. 2 eggs. 2 oz. currants. ¾ oz. yeast.  
1 oz. candied peel. 1 oz. sugar. 2 oz. butter.  
3 drops spice. Milk and water to mix.

Make a good light dough, mixing exactly the same as Sally Lunn, add the fruit last and mould up into buns, small pieces the size of a walnut, and set to rise for 1 hour covered up. Bake in a hot oven 10 to 15 minutes, and brush over with milk and sugar or egg wash while hot. If preferred, a sponge may be made first, by creaming the yeast and adding to it ½ lb. of the flour and the eggs, milk and butter, and when this has risen for about an hour the rest of the ingredients may be beat into it, and the buns may then be made up and left to rise again and then baked as usual. This makes a finer textured bun, and it is perhaps a little moister. The same principle may be followed out in any mixtures that are a little heavy to mix owing to the quantity of flour, thus ensuring a better mixing of the leaven.

Plain buns may be made as hot cross without the fruit or spice, but with a grate of lemon rind for flavouring if liked. All kinds of scones are made on the same principle with varying quantities of fruit, etc. Wholemeal flour may be used or standard flour; in these cases more yeast is required and a less time for proof. The mixture must be very moist to ensure good rising.

## SAVOURIES

MANY of these have been included in egg, meat and tomato dishes. Some cheese dishes, therefore, will not be amiss. Savouries are inexpensive and easy to make, and given a good palate and sufficient imagination with a light hand for flavourings, they are easily originated and concocted at a moment's notice, and transform a brief and plain meal into quite a stylish and dainty repast. They are well worth study, and where the housewife has no domestic help available are a valuable means of keeping guests pleasantly occupied while the entrée is dished.

Three or four simple savouries placed on the table at luncheon time will leave the busy housewife time to cook and serve the grill or entrée without haste.

**Cheese Dainties.**—Make a good short paste of  $\frac{1}{4}$  lb. butter and 8 oz. flour, and add 2 oz. grated cheese, a good dust of cayenne, and mix all with an egg yolk and a little water. A dessert-spoon of cornflour added to the flour and a pinch of bicarbonate of soda help to lighten a somewhat rich pastry.

Mix to a light moist dough, roll out and stamp into small dainty shapes. Bake in a good oven 20 minutes and brush over with beaten egg. Pile on a lace doyley and serve with radishes or watercress or curled celery. A nice cool summer appetizer.

**Cheese Patties.**—Can be made beforehand and warmed up while soup is served.

Make a good flaky pastry of  $\frac{1}{2}$  lb. flour and 6 oz. butter. Roll out thin and sprinkle with grated Parmesan. Roll up and cut into patties. Bake well. Fill with equal quantities of grated cheese and bread-crumbs well seasoned. Place the tops on and bake 10 minutes in a moderate oven and serve hot, garnished with parsley.

**Anchovies and Olives.**—Stone an equal num-



ber of olives as you have anchovies in oil. Curl an anchovy and place in the olive.

Place these on a lettuce leaf, and garnish with yolk of egg rubbed through a sieve.

**Egg Savoury.**—The yolk of egg used for the olive dish is taken from one of four hard-boiled eggs. These should be halved and the bottoms cut off to make them stand steadily. Scoop out the yolk and beat it with  $\frac{1}{2}$  oz. butter, a little lemon juice, a grate of cheese, cayenne and a teaspoonful each of tarragon vinegar and minced parsley. Fill the egg whites with this mixture and serve on a bed of lettuce or watercress. Garnish with tomato or beetroot in shapes.

**Cheese Potatoes.**—Another hot savoury prepared beforehand and heated when required is soon made of 1 lb. potatoes steamed and sieved, to which are added 1 oz. butter, 2 or 3 oz. grated cheese, a little milk, plenty of pepper and salt and a dust of nutmeg. Bind all this in a pan over gentle heat with one egg yolk, and turn out and shape when cool into egg shapes. Place on a greased tin ready for later use. To serve hot place in a very brisk oven 20 minutes, brush over with oiled butter and heat through and until brown.

Have ready an imitation bird's nest of pastry straws flavoured with cheese and pile the hot eggs in it and sprinkle with grated cheese and serve.

**Roe Savoury.**—Cream some smoked cod's roe with  $\frac{1}{2}$  oz. butter, a little vinegar or lemon juice and season freely with pepper. Spread this on hot buttered toast fingers and serve hot.

**A Cold Roe Savoury.**—Chop some smoked cod's roe and sieve an egg yolk. Lay on small dishes a wheel shape of anchovies in oil, and between each fillet pile the roe and chopped egg. Season with pepper and lemon-juice and garnish with cut lemon.

**Cucumber and Sardine Savoury.**—Bone some good sardines and place the fillets with layers of



finely sliced cucumber on a dish and dress with tarragon vinegar and pepper.

**Devilled Sardines.**—Lay a boned sardine on each strip of hot buttered toast and spread a little made mustard on each fish. Add a few drops of lemon juice and a dust of cayenne and serve heated through under the grill or in a good oven.

**Eggs** may be served with various savoury fillings, as smoked roe, tomato, curry, mushroom, anchovy, bloater, salmon and other pastes added to the yolks as described.

**A Good Appetizer.**—Boned olives with slices of Seville orange dressed with oil and paprika.

**Various fruits** may be used as hors d'œuvres, as melon served with pepper and salt, or sharp apple salad, green apples prepared with nuts and lettuce and dressed with lemon juice, oil and cayenne.

Bananas served with a sharp dressing, and so on ad infinitum.

A good brown bread or cucumber ice is easily made and is a good introduction to a summer repast.

**Garnishes.**—These are left to individual taste and are too numerous to mention. Care, however, should be taken to not overdo the detail and in mixing colours and flavours.

Quite a colourless dish may be made attractive and savoury with a good bright garnish. A pale galantine or a bright brown dish looks well trimmed with red tomato or fresh green parsley.

A white dish is nice with the yellow of egg and the black of truffle.

The dark red of beetroot and the brighter shades of raddish are attractive with the lighter greens of salad. Minced parsley is valuable on potato dishes, and sprinkled over white or yellow sauces.

A good garnish will help to pass indifferent cooking, so much does the eye influence the palate.

## SOUPS

**TOMATO SOUP (Vegetarian)**

To make  $1\frac{1}{2}$  pints for three people, or six:—

1 lb. tomatoes (fresh) or large tin. 1 large onion.  
1 clove of garlic (uncut and unskinned). 1 medium  
carrot.  $1\frac{1}{2}$  oz. nut butter or oil. 1 teaspoonful  
paprika (Hungarian Red Pepper). 1 dessert-  
spoonful cornflour. 3 cloves. 1 bay leaf. 1  
blade of mace, pepper and salt to taste. 1 table-  
spoonful chopped parsley if liked. 1 pint water  
or vegetable stock (see Recipe 3).

Mince the onion finely, heat the oil and cook the onion gently in it, without allowing to brown, for 10 minutes till the oil is all absorbed, and the onion glazed and yellowish in colour. Now add the tomatoes, sliced if fresh, and cook gently for a few minutes, stirring in the pan to prevent sticking. Now add the water or stock gradually and all the seasoning, except the pepper, salt and parsley, in a muslin bag, and bring all to the boil, and when it boils drop in the carrot grated or chopped small. Simmer all carefully for one hour. Now pass all through a sieve, removing the bag of seasonings, and pour back the purée into the pan (a French marmite is best of all) and bring again to the boil. Mix the cornflour, pepper and salt with a little cold water and pour it to the soup and stir in till it thickens and boil again gently for 3 minutes, and then add the parsley before serving. Serve very hot in the tureen with a plate of crisp fried croûtes of bread.

**TOMATO SOUP (Meat Stock)**

The same method and ingredients as foregoing recipe, but use meat stock in place of vegetable stock.

**VEGETABLE STOCK**

Wash and cut in dice, leaving in cold water till required, to preserve the colour—

2 large onions. 1 medium turnip. 2 potatoes. 1 medium carrot. 1 or 2 heads celery. 2 leeks. 1 bay leaf. 12 white peppercorns. 2 cloves. A root of parsley. A bouquet garni (sweet herbs). A clove of garlic unskinned. One quart or more of water, salt to taste.

Put all the vegetables, cut about the same size, and the herbs and seasonings in a muslin bag, into a deep earthenware pan, with a very little salt and the water, bring slowly to the boil, skim carefully and leave to simmer 2 to 3 hours. Strain off and use as required. If a clear liquor is required leave out the potato which is apt to slightly thicken and cloud the stock. This will keep several days. It should be made fresh two or three times a week. Any of the vegetables may be omitted or others added according to taste or season.

**MEAT STOCK (for Soups and Gravies)**

Save all the bones from the plates and wash and dry them in the oven on a baking tin till a light brown in colour; about half an hour will suffice. Place on a dish and cover with a clean piece of muslin. At the end of the week (if in winter, and twice a week in summer) add these to two or more pennyworth of fresh bones, washed well in salted water and with all fat and marrow removed, and if the stock is to be very good add 1 lb. of neck or shin of beef, cut up and put together with a string threaded through, so that it may be withdrawn when cooked enough. Add also 2 quarts of water and 2 large onions (browned in butter for brown stock), 1 clove of garlic unskinned, 1 large carrot, 1 turnip, 2 leeks, cut up and placed in muslin bag.

A bay leaf, 2 blades of mace, 3 cloves, a bouquet of herbs, 12 peppercorns, in muslin bag.

Put the bones and meat in cold water, bring quickly to the boil and skim carefully. Now add the vegetables, herbs, etc., and simmer all together for 2 hours and now remove the vegetables if they are to be used as a garnish in soup or stew, if not they may be left a little longer till all the salts and flavour have been extracted, say 3 hours in all.

Let the rest simmer another 2 hours. Lift out the meat, and this may be used for a number of savoury dishes if minced and nicely seasoned, such as croquettes, pasties of different kinds, potted meat, etc.

Now strain the liquor from the bones and let get cold and remove fat from top. The stock is now ready for use as gravy or foundation for soup. The bones will do for the dog, or if you do not possess a pet or guardian crush them up for fowls or as manure for your garden.

## MILK SOUPS (Various)

### Potato and Onion

1 lb. old potatoes. 1 lb. onions. 3 sticks celery (or one teaspoon celery seed).  $\frac{1}{2}$  turnip. A little nutmeg. A blade of mace. 6 white peppercorns. Salt and pepper to taste. 1 oz. butter. 1 pint water.  $\frac{1}{2}$  pint milk.

Mince the onions and fry gently for a few minutes in the butter till well glazed but not browned. Add the water and bring to the boil, let it boil a few minutes and then add the potatoes cut up small and the celery in small pieces, also the turnip cut into dice and all the seasonings except the pepper and salt. Simmer gently for  $1\frac{1}{2}$  hours. When tender rub all through a sieve, remove the muslin bag with the peppercorns, etc., return the purée to the pan and add pepper and salt mixed with a little cornflour or arrowroot and milk or



potato flour if preferred, and pour to the boiling soup, stirring carefully to prevent burning or sticking. Let boil for 3 minutes and serve with fried croûtes of bread. To make the soup more nourishing and richer in flavour a quarter of a pint of cream may be poured into the tureen and the soup poured over it.

### Celery Soup

1 onion. 3 heads of celery. 1 pint or  $1\frac{1}{2}$  pints water.  $\frac{1}{2}$  pint of milk ( $\frac{1}{4}$  pint cream if liked). 1 oz. butter. 1 oz. cornflour. 1 blade of mace. 6 white peppercorns. Salt and pepper to taste. Fried croûtons of bread.

Mince and fry the onion in butter for 5 minutes, add the water, celery chopped small and the seasonings, and simmer all together for 1 hour or till the celery is quite tender, and pass all through a sieve. Return this to the pan, add the milk and boil up. Slake the cornflour and seasonings with a little cold water and stir to the soup. Boil for 3 minutes and serve.

### Leek Soup

A bunch of leeks. 1 onion.  $\frac{1}{2}$  turnip. 3 sticks celery. 2 oz. butter. 1 pint water.  $\frac{1}{2}$  pint milk or  $1\frac{1}{2}$  pints white stock (chicken, veal).  $\frac{1}{2}$  oz. cornflour. 1 blade of mace. 6 white peppercorns. 1 clove of garlic (may be omitted). 3 cloves. Pepper and salt to taste. Fried bread croûtons.

Chop the onion and the leeks and fry gently in butter till glazed but not brown. Add water and seasonings and turnip grated. Simmer  $1\frac{1}{2}$  hours till tender, remove seasonings, and add cornflour and pepper and salt with a little water and boil up for 3 minutes. Serve very hot with the croûtons. If water and milk are used do not add the milk till the cornflour is put to the soup.



### Artichoke Soup

1 lb. white artichokes.  $\frac{1}{2}$  lb. potatoes. 1 large onion. 1 stick celery. 1 blade of mace. A root of parsley. 1 pint water.  $\frac{1}{2}$  pint milk. 1 oz. butter. Pepper and salt to taste. Fried croûtes.

Same method as above and to be sieved and served hot. No cornflour is needed where potato is used, as in this case, as there are two starchy vegetables used, and they make sufficient thickness.

### Cauliflower Soup

1 large cauliflower. 1 onion. 1 oz. butter. 1 pint water.  $\frac{1}{2}$  pint of milk. 1 blade of mace. 6 white peppercorns. 1 oz. cornflour. Pepper and salt to taste. 2 oz. grated Parmesan or Cheddar cheese.

Fry the onion in the butter and add water and seasonings and bring to the boil, add cauliflower broken into neat sprays, cook till tender (half an hour), add milk, boil up and thicken as usual with the cornflour. Serve very hot with the grated cheese in a bowl and croûtes of fried bread.

### SPINACH SOUP (Lettuce and Spinach also)

Prepare the onion as usual, add 1 pint of water and when this boils add gradually the 3 lb. of picked and well-washed spinach. Add to this at the same time a clove of garlic and a piece of fat bacon or salt pork and cook all till tender, boiling rather quickly. Remove the garlic and bacon and rub the greens through a sieve. Add a quarter of a pint of cream and a little cornflour thickening and serve with fried croûtes.

Green peas, lettuce, carrot and lentil all may be served as purées and made as the other soups, using water or vegetable stock or good clear meat stock, brown or white according to the vegetable used. Add

mint to pea soup. Spinach and lettuce may be combined, in which case the lettuce is treated as in the case of peas—that is, cooked without water on the fried onion and reduced to liquor over a gradual heat, and the spinach can then be boiled in the resultant liquor. No water is required for this recipe. This is an excellent flavoured soup. Pea soup can also be prepared in this way, and asparagus soup and any other green soup may have lettuce juice as the foundation in place of water with great advantage.

### **ASPARAGUS. Soup with Cream**

A white soup, as potato, with asparagus tops added 10 minutes before serving. If the whole of the asparagus is used the tops should be removed first and dropped into the purée before it is served. Cream is a great addition to this soup and softens the flavour.

### **BEETROOT SOUP**

Boil the beet till tender, skin and wash the root when cooked. Proceed with the onion as usual, seasoning with black peppercorns, a blade of mace, a little nutmeg and a bay leaf. Add vegetable stock to thin out the purée, and at the last a little brown sugar and a dash of vinegar. If the colour be not good add three drops of cochineal.

## **FISH**

FISH should never be boiled in water unless it be done in a paper bag, when the minimum of water is used to produce enough steam to cook the fish. By the time the fish is done there is no water left in the bag beyond the liquor to be found, which is simply the natural liquid contents of the fish and contains all the beautiful salts and phosphates, usually poured down the sink when fish is cooked in the orthodox way in fast

boiling water. For invalids the fish should be steamed, either over a pan of boiling water between two plates or else in the oven covered with a piece of buttered paper to keep in the steam and the flavour. In the case of watery fish like cod there is no need to add any water to it in the bag, simply to put a sprinkle of salt on either side of the fish to prevent sticking to the bag, the natural watery consistency of the fish will be enough to cook it, and when the bag is opened there will be found, as well as the flaky well-cooked fish, some clear liquor and some white curd, both evidence of the preservation of the goodness of the fish and of its perfect cooking.

Allow 11 minutes to each pound of cod. Cooked in the way described it has a flavour that almost rivals salmon. The latter fish when cooked in the bag demands a little water as it is less watery by nature, about half a cup full for a nice 2 lb. steak is enough. The best methods of cooking fish are as follows :—

1. Paper bag.
2. In oiled or buttered paper in the oven.
3. Between two plates over a saucepan of hot water.
4. In a boilerette.
5. In a steamer wrapped in paper.
6. In the oven on a greased dish covered or wrapped in paper.
7. Fried with a coating of milk and flour.
8. Fried with a coating of egg and crumbs.
9. Fried with a coating of batter.
10. Stewed in own juices with some flavourings to taste.
11. Baked in vinegar or butter and lemon juice.
12. Baked in a bag with white sauce.
13. Grilled.

It will be observed that boiling is omitted entirely. It may be urged that this method is good for invalids. On the contrary, all the goodness of the food is

extracted into the water. For invalids fish may be steamed with or without butter or lemon juice, or seethed in milk with a scrap of butter, or with any suitable flavouring as lemon rind or mace. The less artificial flavouring the better for invalids.

A few recipes setting out the above in detail will be acceptable to many.

### FRIED FISH

There are several ways of coating fish for frying, as already explained. A coating of some kind is necessary to protect the fish from direct contact with the boiling fat, to keep in the juices which would otherwise be forced into the pan and explode.

**Rules to Observe** for successful frying :—

(a) See that the fish is perfectly fresh.

(b) Wash it well in salted water, dry it very well and dust with fine dry flour.

(c) Cut the fish into pieces of even size.

(d) See that the fat or oil is smoking hot. A faint blue smoke rising shows the temperature of the fat to be right for frying, and this is the proper moment for immersing the fish. There should be no movement in the fat, no bubbles rising. Put the fish in the frying basket for deep frying and see that there is enough fat to entirely cover the fish. It should harden outside at once and brown gradually. If it brown at once and the fish is thick and needs a good deal of cooking the fat is too hot. To test the fat throw in a small piece of bread. If the bubbles rise round the bread at once and it gradually browns, the fat is just right. Keep it at an even temperature throughout the frying process, and to do this it is necessary not to put in too many pieces at one time, which has the effect of cooling the fat off, and an interval must be allowed for the fat to warm up between putting in each basketful and withdrawing



it, before putting more. Drain the fish well on soft paper and keep hot until served.

**Methods of Coating** :—(a) Roll the fish in flour, dip in a little milk, and dip again in flour. Shake off superfluous flour, dip a brush in beaten egg and brush over the fish on both sides, drain off any loose egg, and drop carefully into boiling oil.

(b) Dust well with flour, shake off superfluous flour, brush with egg, coat with fine dry bread-crumbs and fry in deep hot fat. If fried in shallow fat be careful that the juices do not get forced out of the fish on to the upper surface, but turn the fish as soon as it begins to harden on the under side, and turn often until brown on both sides and cooked right through.

(c) Dust with flour and fry in hot butter, shallow pan.

(d) Fish cakes, etc., may be fried in shallow fat if preferred. There should be sufficient fat to cover the bottom of the pan. Turn constantly.

(e) Dust with flour and dip in a light batter of flour, oil, warm water, and egg white folded in last thing.

(f) Fried in paper bag, an imitation as regards appearance, using the flour and milk method to coat and breadcrumbs last. The bag should be heavily greased and a little melted dripping or lard sprinkled on the upper surface of the fish after the crumbs are on. The oven should be hot enough to scorch the bag quite black without burning it. The fish fillets take 3 to 5 minutes to cook and are found by many people a great improvement on fish fried in fat, less rich and more digestible.

### PICKLED HERRING IN PAPER BAG (à la Soyer)

Wash and wipe the herrings after the heads and insides have been removed. Score the fish trans-



versely, to the bone six or eight times, from the shoulder to the tail on each side. This prevents the skin bursting in cooking and spoiling the look of the fish, also it keeps the fish firm, cooks it well, allows the flavour of the pickle to penetrate all through the fish, and it also looks well when dished.

Grease the bag very slightly, choosing a large one, and lay the herrings in head and tail alternately side by side. Dust on to them a little salt, pepper and a good pinch of castor sugar. Lay on them a bay leaf, a sprig of parsley, another of fresh thyme, a strip of lemon rind, a few pieces of parboiled onion, and then, last of all, throw in a tablespoonful of good vinegar, a peel of mushroom if liked or a little mushroom ketchup. Close the bag and clip it securely, place on the grid and tin in a good hot oven and cook for 20 to 30 minutes according to the size and number of fish. When done slide the bag on to a dish, cut round the edge, slip the under side away, and the herrings will be ready to go on table with all the garnish as they were put in the bag.

Mackerel may be cooked in the bag in the same way and are excellent so treated.

## STEWED HERRINGS

3 fresh herrings. 1 onion.  $\frac{1}{2}$  oz. cornflour.  $\frac{1}{4}$  lb. tomatoes. A blade of mace.  $\frac{1}{4}$  pint stock or water. Pepper and salt to taste.

Fillet the herrings and curl up the fillets. Separate the roes and curl them. Fry the onion finely minced, add the water, and tomatoes cut up, and seasonings and simmer gently. When it comes to the boil add the fish and stew gently for 10 minutes. Lift the fish carefully and place the fillets round a dish with the roe on each one. Sieve the sauce and replace in the pan and thicken, boil up, and pour over the fish.

**BAKED STUFFED HERRINGS**

Fillet the herrings and fill with a stuffing as for veal. Roll up each stuffed fillet with the skin side inside and place in an earthenware dish. Pour round some good stock, either meat or fish, and sprinkle some brown crumbs and small pats of butter over the whole. Bake for 20 minutes in a hot oven and serve in the dish in which they are cooked, adding a good squeeze of lemon juice or a little vinegar on going to table.

**STEWED COD**

1 lb. cod in steaks. 1 onion. 1 lemon. Mace.  
Pepper. Salt. 1 oz. butter or tablespoonful oil.  
 $\frac{1}{2}$  oz. cornflour.  $\frac{1}{4}$  pint water.

Glaze the onion, thinly sliced, in the butter or oil, add the water and mace and when it boils place the fish in this. Cook gently for ten minutes, and then add a sauce of the lemon juice, the cornflour and a little water, the pepper and salt all well blended. Stir by shaking the saucepan gently to and fro and cook for another 10 minutes. Lift out the fish and place in a deep dish, add some minced parsley to the sauce, pour some over the fish and dish the rest in a boat. This is nice hot or cold. If a richer dish is preferred the yolks of eggs can be added to the lemon and put in at the last after the thickening has been cooked, and when the fish has gone off the boil. It must not boil after the egg has been added. Some very nice balls can be made, and put in 10 minutes before dishing, of a little finely minced cod liver, onion, parsley, grated lemon rind, pepper and salt bound with a few crumbs and the white of the eggs. This is very rich and savoury. If liver is not liked the balls may be made with a little of the cod minced up fine and made into balls in the way described above for the liver balls.

## COD STEAK WITH TOMATOES

Steam some steaks of cod between two plates with some tiny pats of butter on them and a good squeeze of lemon juice. Make a good tomato sauce with  $\frac{1}{4}$  lb. tomatoes, a small onion or two shallots, minced and fried in butter with a little fish stock or water, a blade of mace, some pepper and salt to boil it up for 15 minutes, then rub it through a sieve, return to pan and thicken with a little cornflour. To this add the liquor from the fish and pour the sauce to cover the cutlets, which may be of cod, haddock or hake or whiting. This may be served cold and is excellent for a summer supper dish.

## HAKE CHOWDER

$2\frac{1}{2}$  lb. middle of hake. 1 large onion.  $\frac{1}{2}$  lb. lean bacon.  $\frac{1}{2}$  pint skimmed milk. Minced parsley.  $\frac{1}{2}$  oz. cornflour.

Fry the onion lightly and place in a deep dish (earthenware), the fish cut into thick square pieces, then a layer of bacon cut thin, and then onion till all is used up. Cover with skim milk and season with pepper and stew gently till done, about 20 minutes or more. Remove the fish carefully without breaking and place in an entrée dish, thicken the sauce and add the minced parsley and pour over the fish. Serve very hot with slices of lemon and parsley as a garnish.

## STUFFED MACKEREL

2 mackerel or fresh herring. Dried and powdered thyme, 1 teaspoonful. 1 oz. or more bread-crumbs. Nutmeg, pepper and salt. 1 egg yolk.

Split the fish and lay the stuffing between the fillets. Put a few tiny pats of butter on the stuffing and cover the fish with buttered paper and bake in a sharp oven for 20 minutes. Serve with a sharp

sauce with lemon or vinegar or a tomato sauce. Mustard sauce is very good also.

### HARICOT HAKE

Fry some finely minced onion in butter till a nice golden colour, strain the onion off and place on one side. Cut the fish in neat pieces, dip in flour, then in milk and again in flour and fry lightly on all sides in the butter left in the pan after the onion. Lift out and add to the pan the rest of the flour and fry this till brown. Now add a quarter pint of fish stock or water, a good squeeze of lemon juice, a teaspoonful of anchovy essence and boil till the onion is tender, then add the fish, cover down and simmer for 20 minutes. Lift out the fish, add a good dust of pepper and salt and minced parsley and pour over the fish. Serve hot with a garnish of fried sippets or toasted bread in ornamental shapes round the dish.

### FISH PASTRY ROLLS (Fried)

Make a good short crust, and roll out very thin, and cut into rounds. Fill these with some fish [which has been baked in buttered paper, and skinned and boned and beat up with a small quantity of boiled rice, some minced parsley and herbs, grated lemon rind and bound with a little good white sauce], seal the edges, brush with egg and roll in fine white crumbs and fry a light golden colour in hot fat. Drain well and keep hot and serve piled high with a garnish of parsley and lemon.

The same mixture in pastry, which is not egged and crumbed, may be baked in a sharp oven for 10 minutes to make fish pasties after the style of Cornish meat pasties. Hot or cold.

### BAKED HAKE AND ONIONS

Take some steaks of hake and cover with minced onion well seasoned and a slice of fat bacon. Place



on a well buttered china dish or in a paper bag and bake in a sharp oven for 20 minutes. Lift out of the bag or serve in the china dish with a thick brown gravy of meat or fish stock highly seasoned.

### MACKEREL AND ONIONS (Sharp Sauce)

6 small mackerel. 2 dozen button onions. 1 bay leaf. Pepper and salt to taste. 1 teaspoonful brown sugar. 1 teaspoonful cornflour. 1 dessert-spoonful mushroom ketchup.  $\frac{1}{4}$  pint vinegar. 1 blade of mace. A strip of lemon rind. 1 oz. butter.

Brown the little onions in the butter whole, and place them in the vinegar with all the other seasonings. Strain this after simmering till onions are tender, and pour hot over the mackerel which have been either carefully boiled, or better still, steamed in the oven (see p. 55, No. 6). Thicken the sauce, before pouring round fish, with the cornflour blended with a little cold water. Garnish with the onions and some cut lemon. Serve cold.

### HERRINGS AU GRATIN

4 fresh herrings. 2 oz. grated cheese. 2 oz. bread-crumbs. 1 teaspoonful chopped parsley. Pepper. Salt. 1 oz. butter.

Wash and fillet the herrings and place them neatly rolled with the roes, endwise, in a pie dish prepared by greasing heavily with butter and coating with crumbs, cheese and parsley as thickly as possible. Place the fillets in the dish and cover with the seasonings already used to line the dish and add little pats of butter all over the top. Bake 20 minutes in a sharp oven, by which time they should be nicely browned.

It is best to cook the fish in a fire-proof dish that

can be brought to table, so as not to re-dish it and disturb its good appearance.

### PLAICE, STEWED WHITE

1 plaice, 1½ lb. weight.  $\frac{3}{4}$  pint milk.  $\frac{1}{2}$  oz. butter.  
1 oz. flour. 1 teaspoonful parsley, minced.  
Pepper. Salt. Ground mace.  $\frac{1}{2}$  teaspoonful  
grated onion or juice. A few drops lemon juice.

Cut the plaice into neat pieces, after well washing in salt water and drying it, and skin the dark side. Remove the head, as this is not served, but may be cooked with the rest to enrich the stock. Place the milk and butter in the pan, and when hot add the fish. Stew gently for 15 minutes. Lift the fish on to a hot dish and drain it well. Add this liquor to the pan. Now add the flour blended with a little cold milk to that in the pan, having first put the pepper, salt and mace to the dry flour. Pour this to the hot milk and stir and cook 3 minutes after coming to the boil. Now grate in the onion juice and add parsley and lemon juice and do not boil again. Pour over the fish a part of the sauce and serve the rest in a tureen. Nicely boiled new potatoes or else old ones boiled and cut into neat pieces may be served with the fish coated with the remainder of the sauce.

### STEAMED FISH

Place any kind of white or other fish made into neat cutlets or fillets in a buttered pudding basin with a very little salt and pepper and a sprig of parsley, a little butter and a good squeeze of lemon juice. Shake a very little flour to this if a slightly thick sauce is needed (or this may be omitted). Cover the basin closely with a plate and place over a saucepan partly filled with boiling water. Keep the water boiling  $\frac{3}{4}$  of an hour. A little tomato ketchup may be added

to the sauce, if liked, before serving, or if preferred a little tarragon vinegar.

### WHITING EN CASSEROLE (Sauce Velours)

3 whiting skinned, but not curled, heads removed.

A strip of lemon rind. 1 teaspoonful lemon juice. Pepper, salt, mace to taste. 1 oz. butter.  $\frac{1}{2}$  oz. flour. 1 teaspoonful minced parsley.

Butter the casserole (roasting dish) and lay the whiting therein neatly, after removing the fins and heads. Place on them some small pats of butter seasonings, dust the flour on and pour over a little milk. Cover and cook for 20 minutes in a good oven. Remove from oven, sprinkle with the chopped parsley and add the lemon juice before serving. Serve very hot in the casserole.

### CODSTEAK STEAMED

#### (Sauce Hollandaise, Dutch Sauce)

Butter a deep plate, place on it 4 cutlets of cod, about  $1\frac{1}{2}$  in. thick, place small pats of butter on each, season lightly with pepper, salt and mace, squeeze some lemon juice on each, cover with a basin and place over boiling water for 45 minutes. Make a sauce of 1 oz. butter, juice of half lemon, the stock that runs from the fish (which when done should be placed on a hot dish and drained) and when these boil add  $\frac{1}{2}$  oz. cornflour in water, boil three minutes and then draw to one side of the stove. Add the well-beaten yolks of 2 eggs and if liked a touch of tarragon vinegar. Pour over fish to coat and serve very hot. It is very good cold if preferred.

### GRILLED MACKEREL

3 mackerel. Chopped parsley. Pepper. Salt. Lemon juice.  $\frac{1}{2}$  oz. butter.

Split the mackerel, season well and place small

pats of butter on top. Get the grill red hot, grease the bars of the griller pan and place the fish on it under the grill for 15 minutes and cook sharply. When finished heat a little butter, add lemon juice and minced parsley and pour over the fish.

### MACKEREL À LA CRÈME (French Fashion)

3 small mackerel. 1 tablespoonful cream. Pepper. Salt. Minced parsley.  $\frac{1}{2}$  oz. butter.

Score the mackerel across each side at right angles to the backbone and cut to the bone. Sprinkle with pepper and place under a hot grill, 5 minutes each side. Lift on to a hot dish and pour over them a sauce made of the cream, butter, parsley and pepper and salt warmed but not boiled, and serve at once.

### BAKED FILLETS OF HADDOCK (Au Gratin)

4 fillets (1 lb.) haddock. 1 oz. butter. 1 teaspoonful chopped parsley. 1 teaspoonful tarragon vinegar; same of lemon juice. Pepper, salt, and mace to taste. Browned breadcrumbs, 1 oz.

Butter a casserole, and lay the fillets folded in half, against one another, sprinkle parsley and other seasonings, pour over vinegar and lemon juice, dust with crumbs and place butter on top in small pats. Bake 20 minutes in a sharp oven. Serve in the casserole. If liked a little grated cheese may be added to the crumbs.

### SHRIMP PATTIES

$\frac{1}{2}$  lb. puff paste. 2 oz. butter. 1 teaspoonful flour.  $\frac{1}{4}$  pint shrimps.  $\frac{1}{4}$  pint milk. 1 teaspoonful anchovy sauce. Pepper. Salt. A dust of curry powder and red pepper (paprika).

Make the patty cases. Shell the shrimps and add to the following sauce.

Melt the butter in a small pan, add the shrimps



and stir over a gentle heat for 4 or 5 minutes. Sift in the flour, stirring carefully, until the mixture is quite smooth and thick. Now add the milk, anchovy sauce and curry powder and put a teaspoonful each of shrimps and sauce when quite cooked into the patty cases, sprinkle with coralline pepper and minced parsley, put on the covers, warm carefully and serve hot.

### SOUFFLÉ OF WHITING

1 whiting ( $\frac{1}{2}$  lb.). 1 oz. butter.  $\frac{3}{4}$  oz. flour. Pepper. Salt. Parsley. Mace.  $\frac{1}{4}$  pint milk. 1 teaspoonful anchovy sauce. 1 egg, yolk and white separate. Lemon juice.

Skin and bone the fish and remove all fins and cut into small dice. Rub this through a fine sieve. Place the butter in a pan, warm it, stir in the flour smoothly and then add the milk and stir till cooked and smooth.

Beat this to the fish and then beat in the egg yolk, lemon juice or rind and other seasonings, except the parsley and anchovy.

Grease some dariole cups and half fill with the mixture, to which the well beaten white of the egg should be added at the last. Cover with greased paper and steam 20 minutes. Make a little sauce of butter, flour, and milk, thinner than the first one and add the parsley and anchovy after it is cooked. Pour round the soufflé, which must be served at once, before it drops. This mixture can also be baked 20 minutes and served hot.

### FISH MOULD

1 lb. white fish.  $\frac{1}{2}$  lb. mashed potatoes. 1 teaspoonful minced parsley.  $\frac{1}{4}$  pint white sauce. 1 egg. 2 oz. crumbs. Pepper. Salt. Mace. Lemon juice. Crumbs (browned)

Steam the fish in the oven and remove skin and

bones. Mash it finely and add potatoes, crumbs, white sauce, parsley and other seasonings and last of all the well beaten egg. Grease a soufflé case, line with brown crumbs, place the mixture in and press well down, cover with crumbs and little pats of butter and bake 20 minutes. Serve hot.

## ENTRÉES

**Chicken in Batter.**—Make a batter of 2 oz. of flour, 1 tablespoonful of oil, the yolk of 1 egg, a little yeast, and sufficient milk to make a batter to coat. If yeast is not obtainable use the white of egg whisked stiff and fold it into the batter just before use. Cut the chicken into the required number of pieces and dip in the batter and fry a golden brown. To the batter also may be added if liked 2 oz. of grated cheese and a pinch of sweet herbs well powdered, and pepper to taste.

Serve the chicken piled high with a garnish of fried parsley or of onions finely shredded and fried a golden brown in butter or oil. A little browned and thickened gravy should be served in a sauceboat. A flavour of lemon juice in this will be very acceptable and serve to modify the richness some people detect in any fried food. The fritters should be well drained on soft paper and warmed again before serving.

**Chicken à la Portugaise.**—Joint the chicken into the required number of pieces (it is possible to cut one chicken into sixteen joints with knowledge!) and roll in oiled butter or good olive oil, grill lightly to a nice brown colour on both sides. Bone some olives and put on one side while some onion finely minced is fried lightly in oil or butter. To this, which must not brown at all, add  $\frac{3}{4}$  of a pint of water or white stock, and boil up, using a blade of mace, a strip of lemon rind and some good

cayenne pepper, Nepaul for choice, and simmer till tender. Now add the olives and warm through for a few moments, and last of all stir in a dessertspoonful of lemon juice strained to the yolks of 2 or 3 eggs, and drawing the pan to one side stir these in when the boiling has ceased. The egg should thicken the sauce, but must on no account be boiled up again, and requires no further cooking. Pile the chicken joints high on the dish, pour a little of the sauce round, scatter some finely chopped parsley over the bird and place a few thin slices of lemon round the dish. The rest of the sauce may be served in a tureen. Small potatoes cooked in a deep pan of boiling hot fat are served with this delicious dish, or green asparagus is delightful with a dressing of white wine vinegar or oil and lemon juice, or else green peas cooked Portuguese fashion, also in hot fat, are a very suitable accompaniment.

Wild pigeon, carefully stewed till tender and warmed in this sauce, or duck, also *réchauffés* of turkey or pheasant, etc., are excellent with this same sauce.

**Another Chicken Dish (My own, N. de Lissa).—**Wipe the chicken carefully and cover with thin slices of lemon and place in a clean cloth or buttered paper, place in boiling water for 5 minutes, lift out and pour away the water. Now place the chicken in a casserole without the cloth with some celery cut small and a blanched onion (small button onions look nice when dished), a small piece of turnip cut small and blanched and a very little water or stock. Add to this a bouquet of herbs in muslin with a bay leaf, a few white peppercorns, and cover down and cook gently in a moderate oven for four hours. Lift the chicken out, joint it neatly and keep warm. Strain off all the vegetables but the onions and a little of the celery and to the gravy add a tablespoonful of tarragon vinegar, the yolk of one or two eggs, a nice lump of butter, about an ounce. Warm this and stir

carefully, seeing that it does not boil and curdle, and add a little minced parsley at the last moment and enough pepper and salt to flavour delicately. Serve the chicken in the dish in which it was cooked, covering with the sauce and with the onions and celery placed round as a garnish. Capon can be cooked in this way, also hazel hen, etc.

**Chicken and Tomatoes.**—Take a nice chicken, 1 oz. of butter, 2 large onions, a blade of mace, a bunch of sweet herbs, pepper and salt to taste,  $\frac{1}{2}$  oz. of cornflour, 1 carrot, a little celery or a teaspoonful of celery seed, 2 cloves, and  $\frac{3}{4}$  pint of stock and a root or sprig of parsley, and 1 lb. of tomatoes. Singe and wipe the chicken and cut into small joints according to requirements. Fry lightly in the butter a few minutes, not to brown, the process is just to seal the pores of the flesh food. Now mince the onion finely and glaze in the butter, add 1 lb. of fresh tomatoes or a tin of skinned and sieved fruit, or tomato purée, and add also the seasoning and stock. Simmer for 15 minutes and add the chicken, which has been rolled in a dusting of cornflour, and cook very gently for 2 hours. Lift out and strain some of the liquor over the chicken and sprinkle with paprika. A good teaspoonful of paprika added to the gravy before serving is a great improvement both as to colour and flavour. A clove of garlic may be included in the seasonings of the sauce.

**Fricassee of Chicken.**—Joint the chicken and scald in boiling water for 5 minutes and then dip in cold water and wipe dry. Glaze a little onion in butter or oil or bacon fat, add  $\frac{3}{4}$  pint of stock or milk and water, a bunch of sweet herbs, a bay leaf, a sprig of parsley, a strip of lemon rind, some white peppercorns, and a little salt. Stew all together for 2 hours, lift out the chicken, and pile high on a hot dish with a wall of green peas around, strain the gravy and thicken it with a little cornflour and add a



teaspoonful of lemon juice before serving, and place the rest of the sauce in a boat. This is nice served with a purée of potatoes in the middle of the dish and a cauliflower au gratin in place of peas, or mushrooms (*champignons*) as a garnish.

**Chicken Roast in Paper Bag.**—Be sure you get a Soyer bag, marked "Kookera," no other will do. You want to taste chicken, not paper, so be sure of your bag first. Wipe the chicken, season with a little pepper and salt, and brush over with some oiled butter or dripping. Pour a little of the dripping into the bag, which must be large enough to take the bird without touching anywhere except at the bottom, press the sides of the bag together so that the grease runs over the surface of both sides, coating them well, and place the bird in the bag *breast downwards*, seeing that the seam of the bag is uppermost, and place the parcel on a Soyer grid on a tin made to fit it and sold with the grid. Have the oven very hot, lighting it for at least 20 minutes or even  $\frac{1}{2}$  hour before you want it with the gas on full. Turn the gas down low and place the parcel in the oven low down, and be sure that you have removed the browning sheet or deflector before lighting up. The parcel should go on the second shelf from the bottom of the oven. For a small spring chicken 35 minutes will be ample time, for a larger bird about 40 to 45 minutes, a capon requires 1 hour and an old fowl about 2 or 3 hours with a tiny drop of water in the bag with the vegetables.

This is the very best way of cooking chickens and fowls, indeed all sorts of roast birds; there is little or no shrinkage and the meat remains juicy and tender to the last scrap, and the flavour is not to be surpassed. By placing the bird downwards, as instructed above, all the juices are retained in this, the tenderest part of the bird, which usually cooks too quickly and is done before the thighs and thicker parts, where all

the moisture generally is to be found. By this turning round of the bird all the moisture is evenly divided and some from the thickness of the thighs, which thus get better cooked, also goes into the breast and wings.

**Brown Stewed Chicken and Mushrooms.**—

Required one tender chicken or an old one which will need longer cooking, 1 lb. of mushrooms, carefully peeled and tossed into salted water till required, the stalks to be removed and stewed with the stock for gravy with a little lemon juice added. Joint the bird, roll in seasoned flour and brown on all sides in some butter and fry some onion in the fat, add stock and seasonings, a bay leaf, a grated carrot, some peppercorns and clove in a muslin bag and stew gently for 2 hours. Add the mushrooms 20 minutes before serving. The gravy may be strained or served with the vegetables in it. Dish with a garnish of cooked macaroni.

**Curried Fowl with Rice** (recipe of a French army chef in India).—Recommended good curry powder as Vencatachellum and Captain White's Mulligatawny paste. One tablespoonful of the former and 2 teaspoonfuls of the latter, 1 oz. of sultanas, and also of cocoanut,  $\frac{1}{2}$  lb. sharp apples or  $\frac{1}{4}$  tomatoes,  $\frac{1}{4}$  pint of milk for the cocoanut,  $\frac{1}{2}$  pint of stock, 3 onions. Fry the onions brown in some butter, then fry the curry powder, then one ounce of flour, and then add all the ingredients named. Bring to the boil and simmer for 1 hour. Add the chicken when the sauce has come to the boil and simmer another hour.

If flour is not used to thicken the gravy add corn-flour at the last in the usual way. Serve with nicely boiled rice. Add a teaspoonful of lemon juice to the curry sauce before serving and before this add the milk in which the cocoanut has been simmered enough to flavour it.

Beef or any other meat, raw or cooked, can be used, or fish or eggs are excellent with this curry sauce, with the requisite amount of cooking in each case.

**Steamed Fowl for Invalids.**—Take a fowl of any age and scald in boiling water for 5 minutes and then dip in cold water and wipe dry. Wrap in buttered paper and place in a double cooker or boilerette for 5 hours with a cupful of water, a little celery, a strip of lemon rind. 1 hour before lifting add half a cupful of well washed unpolished rice, and when dishing add a little salt, pepper and a dust of ground mace if liked. If more broth is required add a little more hot water. The sauce will not require any thickening.

A fowl may be cooked in the same way with vegetables in a casserole in the oven or on the top of the stove, and must be done very slowly indeed. Keep the gas low and place an asbestos mat under the pan if the gas burner is used on top of the stove.

Veal can be cooked in all the methods applicable to chicken.

Beef is found to be most digestible if cooked in a boilerette or double pan cooker, very long and slowly. To give a roast appearance place the joint in a sharp oven for ten minutes or so before serving to crisp and brown the outside. A good aid in this direction is to dust the meat with salt, pepper and flour, and baste well during the heating process. Mutton can also be cooked with excellent results in this way, but it is advisable to remove all the fat but just sufficient to keep it moist and tender.

**Dressed Fillets of Beef.**—Cut a fillet of beef horizontally to make long strips about 2 in. wide and 4 or 5 in. long, and beat them nicely flat and even with a cutlet bat or a rolling pin. Mince a small onion very finely and add to this a good pinch of sweet herbs well powdered, pepper and a very little salt. Roll each steak up carefully after spreading some of the seasonings and placing a small cube of fat on it and

tie or skewer firmly. Fry the steaks lightly just to brown all over in one ounce of fresh butter, lift out and fry some of the onion till light-brown, and then fry a little flour, about  $\frac{1}{2}$  oz., till brown also. To this put  $\frac{3}{4}$  pint of good brown stock, or water if no stock is ready, a bay leaf, pepper, salt, a clove or two and a tablespoonful of good mushroom ketchup, bring to the boil, skim carefully and place the steaks in the gravy to simmer for  $1\frac{1}{4}$  hours. When done, dish the steaks neatly on a hot dish, place a garnish of boiled macaroni cut small, and strain a little of the gravy over the meat, placing the rest in a tureen. These steaks may be also served with a border of green peas, or baked tomatoes or mushrooms round, and chipped potatoes for the second vegetable. A little port or sherry added to the sauce at the last moment is a great improvement.

**Fillets of Beef à la Jardinière** (sauce maitre d'hôtel).—Cut the fillet in thick longish pieces, and lay them in a marinade or pickle made as follows. Blanch an onion and cut it up and lay in 1 tablespoonful of good olive oil and the same amount of white wine vinegar, together with a bunch of sweet herbs tied and bruised, some pepper and salt and a bay leaf bruised. Place the beef fillets in this for an hour or so, turning every quarter of an hour so that the flavour of the pickle is all through the meat. Lift out and drain, then place under a hot grill, allowing 10 minutes a side if the steak be thick. Lift on to a hot dish and garnish with green peas and dice of boiled carrot, pour on to each fillet a grill sauce of butter melted with a good dose of lemon juice, minced parsley and pepper, and place a small piece of nicely browned fat on each fillet. Serve with hot potato chips. The marinade makes the meat both tasty and tender, If the herbs, etc., are not liked, then the oil only may be used. It will be found a good plan to do this to all steaks, however cooked eventually, to make them tender.



**Steak and kidneys** grilled and served together are excellent. The steak must be cooked first, as it takes longer, and then the kidneys should be placed on a skewer with small slices of fat bacon between each piece of kidney and grilled sharply. This makes an excellent entrée with tomatoes, also grilled, or a substantial luncheon or breakfast.

**Liver and Bacon Cutlets.**—Cut  $\frac{1}{2}$  lb. of calf's liver into very thin wafers and place in cold water and wash till all blood is removed. Wipe it dry and place in a well-greased baking dish with about 2 oz. of fat bacon, a small onion blanched and minced, a good pinch of dried sage or three leaves of fresh, a little pepper and a dust of flour. Cover with greased paper and bake in a sharp oven for 20 to 30 minutes. Lift out and drain, pass all through a mincer twice, with the finest knife, add 2 oz. of fine breadcrumbs, some pepper and salt and a pinch of powdered mace and nutmeg, and all the gravy from the baking tin. Blend all well, pressing the moisture through it till all binds. Add more stock if not quite moist enough to bind, and spread on a plate to set. Divide up into small wedges and shape each up into a cutlet, inserting a short piece of macaroni into each to represent the cutlet bone. Brush with egg and toss in fine crumbs and fry in deep fat a golden colour. Drain and serve very hot with a nice dish of tomatoes and round a heap of creamed potato, making a good brown sauce to serve with, highly flavoured with Worcester sauce. If tomato sauce be served with this dish place cauliflower with white sauce or some contrasting dish on the table with it.

**Liver and Steak Mould** (Hot or Cold).—Take 1 lb. of calf's liver and  $\frac{1}{2}$  lb. of any other meat, cooked or raw, and about 3 oz. of bacon or cooked ham. Treat the liver as before and cook the meat or mince the cooked meat and add to the liver with sufficient crumbs to make bind. All must go through

the mincer. If needed an egg may be used to help bind. Grease a deep pie dish and press the meat well down into it. Cover with buttered paper and bake gently for  $\frac{1}{2}$  hour, removing the paper for the last 10 minutes to brown the top. Serve hot in the dish with a good thin brown gravy, or turn out and serve cold alone or in slices with cold fowl or veal. A beetroot and celery salad, or a tomato and onion salad, goes well with this dish, or a plain lettuce salad is good with it.

**Brochettes of Calf's Liver and Fine Herbs.—**

Cut  $\frac{1}{2}$  lb. of calf's liver in  $\frac{1}{2}$  in. slices, all about the same size if possible, and place in a well-greased baking dish, rather a deep one. Make a savoury forcemeat of 2 oz. breadcrumbs, a tablespoonful of suet, or minced cooked ham (rather fat), minced parsley, grated lemon rind, some ground mace and pepper and salt to taste, and bind all with an egg. Spread a thick layer about  $\frac{1}{2}$  in. or more over each brochette of liver and lay a small slice of fat bacon on top of each one. Pour round some good stock to reach the edge of the stuffing, and no higher, and bake in a quick oven for 35 minutes. Dish carefully with the portion of stuffing well in place on the liver and thicken the gravy and flavour with a little mushroom ketchup. Serve with steamed potatoes and green peas or tomatoes. Mushrooms go very well with this dish if preferred.

**Liver Neapolitan Fashion—the Three Minute Dish.—**Slice the liver as thinly as possible and wash well and wipe dry. Cut into dice about an inch square and well toss in seasoned flour till coated. Fry plenty of onion in butter or bacon fat and add water to cover. Boil up till the onion is tender and the gravy nicely coloured by the frying operation and then toss in the liver little by little and boil for 3 minutes and no more. Add a tablespoonful of good vinegar before serving and serve in the earthenware dish in which it

should have been cooked. If placed on an ordinary meat dish there should be croûtes of fried bread or sippets of toast placed round as a border. There should be only enough gravy, thick and brown, to coat the liver nicely.

**Savoury Meat Mould** (Original). (A good device for using up cold meat).—Mince  $\frac{1}{2}$  lb. of any cold meat and free it from skin and fat and gristle, and add to it 2 oz. of cooked ham, also minced, and a good tablespoonful of minced parsley, 2 oz. of fine breadcrumbs, a good grate of lemon rind, powdered mace, nutmeg, and pepper and salt, and a dash of cayenne, or paprika, bind with 1 or 2 eggs according to the dryness or moisture of the meat, press into a well buttered mould, cover with a buttered paper and set to steam for  $\frac{3}{4}$  hour in a saucepan of boiling water coming about half-way up the basin. Turn out when cold and use for sandwiches, for serving in thin slices with cold chicken or turkey, as salad with veal, etc.

**Boiled Chicken or Turkey or Capon** (American Fashion).—Blanch the bird in boiling water for 5 minutes, dip in cold water and wipe dry. Place in cold water with onions, celery, lemon rind and other seasonings, as mace, except pepper and salt, which should be added last, as these change in long boiling, salt becomes too salt and pepper loses all flavour. Bring to the boil and let boil for 5 minutes pretty fast, then reduce the heat and simmer very gently for 2, 3 or 4 hours, according to size and age of bird. An hour before dishing add  $\frac{1}{4}$  lb. of well washed unpolished rice, and let the pan continue to cook gently.

Dish the bird with a little rice round, and place the rest of the sauce in a boat. Use some of the vegetables as a garnish to the bird. With this dish serve cranberry sauce, green peas and steamed potatoes.

**Cranberry sauce**, take  $\frac{1}{2}$  lb. of Cape Cod cranberries, and place in a pan with a tablespoonful of cold water.

When under influence of gentle heat the berries have all burst, add 4 oz. brown sugar and heat through, stirring carefully. This sauce is good hot or cold. Bread sauce may also be served, but is not essential.

**Braised Veal and Mushrooms.**—Scald or blanch some veal (cutlet) in boiling water and dip in cold and wipe dry. Glaze some onion in butter and add some dice of turnip and chopped celery. Place the veal on this and pour round some white stock, throw in a strip or two of lemon rind, a few white peppercorns, a blade of mace, a bouquet of sweet herbs and a bay leaf and a clove in muslin, and add a few squares of fat bacon to the sauce. Simmer all together for 2 hours or more. Lift out the veal and place on a hot dish. Strain the gravy free of vegetables and add to it two well beaten egg yolks and a small bottle of champignons (button mushrooms) and warm through gently but do not let it boil or the eggs will curdle. Dish the veal with a garnish of alternate heaps of green peas and mushrooms. Add a dessertspoonful of lemon juice to the sauce before serving.

**Stewed Lamb with Rice and Green Peas.**—Some of the best end of neck of lamb with the chine bone removed, and all superfluous fat cut away, half a cup full of rice, 2 or 3 small onions, a cup full of green peas, a sprig of mint, mace, pepper and salt to taste, a little stock or water, and  $\frac{1}{2}$  oz. cornflour or arrowroot.

Trim the lamb and make into neat cutlets, fry the onion in a very little butter, add the meat, the bag of herbs and mint and a strip of lemon rind and the stock and simmer all gently for  $\frac{1}{2}$  hour. Boil the green peas with lettuce juice and a mite of sugar, and add these last of all to the stew, to which the rice has been added after the first half hour of cooking, the stew to cook another half hour thereafter. Place the meat in a neat pile on a dish, thicken the gravy slightly and



garnish with rice and peas. If preferred the corn-flour may be omitted.

**Braised Beef en Casserole (Sauce Tomate).—**Take 3 lb. of thick flank of beef, 2 carrots,  $\frac{1}{4}$  lb. tomatoes, 3 small onions, 2 oz. fat bacon, a bay leaf, 3 cloves, some peppercorns, 1 oz. of cornflour or arrowroot, and pepper and salt to taste.

Fry the bacon in the fat and fry the onion slightly, but do not allow it to brown, add the vegetables cut up small, and the seasonings in a muslin bag, place the meat, well seasoned and floured, on top of the vegetables and pour round sufficient stock to cover the vegetables only. Place in a casserole in a hot oven or over a low flame on top of the stove for 3 hours or more. Do not uncover the vessel during the cooking. At the end of the time take up the beef, and if not brown enough place in a sharp oven for 10 minutes to crisp, basting well, lift out the herbs, and if the vegetables are not to be used as a garnish strain these off and add the thickening. The best way to treat the vegetables is to rub them through a fine sieve and add the purée to the gravy before adding the starch. This improves the flavour of the sauce and the texture also.

A nice garnish to this dish is tomatoes or some boiled macaroni.

**Braised Mutton with Haricot Beans.—**Take 3 lb. of loin of mutton and remove a good deal of the fat. Cut into dice half a turnip, a carrot and a little celery, and mince an onion fairly fine. Place some sweet herbs in a muslin with a sprig or root of parsley, a bay leaf, cloves, peppercorns, a blade of mace, and add to the pan. Fry the onion and add the other vegetables and a teacup of tomato purée, and cover with stock, as in the case of the beef, and place the mutton in one piece on top of these. Add also half a cupful of haricot beans which have been previously

soaked in cold water, cover down closely in the casserole and simmer gently for 2 hours. Lift the mutton and crisp and brown in a sharp oven, remove the herbs, etc., season the gravy well with salt and pepper, and dish all the vegetables round the meat in neat heaps, alternately beans and the others. Pour the gravy round and serve some in a tureen. This gravy needs no thickening other than that given by the haricot beans, which will have partly fallen to pieces.

**Mock Duck.**—For this a leg, or portion, of mutton is used (fillet end preferably) or a breast or shoulder. Have the joint neatly boned and put the bones on to stew for gravy. Make a nice stuffing of parboiled onion, plenty of sage, fresh or dried, breadcrumbs, a very little suet or a nob of butter, plenty of pepper and some cold mashed potatoes. Spread this thickly inside the meat where the bones have been removed, and roll up into a good shape and secure with tape. Roast as usual to a nice dark brown, and serve with a thick brown gravy and apple sauce, as for duck.

**Fillet or Top Rump of Beef with Sage and Onions.**—Stab the joint in many places with a thick wooden skewer, and in these apertures press some stuffing of sage and onions, made as above, except for the potato, which may be omitted. Flour and season the outside of the meat and roast till nice and brown and tender and cook the rest of the stuffing in the pan and leave it in the gravy, which should be brown and thick. Horse-raddish sauce made with cream is nice with this dish.

Breast of lamb, shoulder or leg, boned and stuffed with veal stuffing and served with a thick brown gravy and stewed celery, is a nice variant on the usual joint of roast.

A great improvement to a leg of lamb or mutton especially is to place a clove of garlic between the bone and meat at each end of the joint. This makes the meat tasty,

without giving too strong a flavour, and prevents that strong taste that mutton often has.

**Covered Roast** (French fashion).—For this a deep iron saucepan is needed. Place a little dripping in the bottom of the pan and heat through. Place the joint in this and fry it on all sides till brown all over. Then cover down and finish cooking. This is very tender and tasty. Add a little water or stock from time to time if the pan gets dry. Broad beans are very good with this.

## MEAT DISHES (ECONOMICAL)

### SPICED MUTTON OR BEEF

1 lb. cold cooked mutton.  $\frac{1}{2}$  teaspoonful mixed spice. 1 large onion.  $\frac{1}{2}$  head celery. 1 pint stock or water. 1 tablespoonful flour. Pepper and salt. 1 oz. dripping. Tomato ketchup or mushroom. Browning if needed, 3 or 4 drops.

Dice the mutton and dust with flour, spice, pepper and salt. Heat the fat and fry 1 large onion, finely minced, in it till brown, then fry the meat and celery, chopped, with the onion, tossing till all the flavourings are well distributed. Make a good brown sauce, thicken with the rest of the flour and flavour with tomato or mushroom ketchup, using 1 pint of nicely flavoured stock, meat or vegetable; use water if neither is available. Season well, add the meat and simmer very gently for  $1\frac{1}{2}$  to 2 hours. Never let the contents of the pan boil.

Serve with a wall of potatoes round or sippets of toast and a few mushrooms as garnish.

### FRENCH ROAST

Any small joint may be treated in this way. Bone the meat, roll into a neat shape and tie securely.

Flour and season carefully and then brown some butter in an iron saucepan and fry the meat on all sides lightly till brown all over. Cover down and finish cooking slowly over a low flame on which an asbestos mat has been placed. About  $\frac{1}{2}$  hour before dishing add some good stock or water and seasoning for the gravy. Do not let this do more than simmer. Serve as usual with gravy in a boat.

### BRAISED MUTTON WITH RICE AND VEGETABLES

3 lb. neck of mutton. 2 small carrots. 1 onion. 1 turnip. A few sticks celery. A sprig of parsley. 1 oz. butter. 1 tomato. Pepper. Salt. Mace.  $\frac{1}{2}$  pint water.  $\frac{1}{4}$  lb. rice or barley. A few capers. 1 oz. flour.

Mince and fry the onion in a little butter, but do not brown it. Dice the carrot and turnip and cut the celery small. Blanch these and add to the onion and toss in the butter. Add water and seasoning, bring to the boil and place the mutton on the top of the vegetables. Steam, closely covered, for 2 hours.

Boil the rice separately in a little stock till all is absorbed. Pile the rice round a deep dish, place the vegetables in the centre and the meat on top. Reserve some gravy, which must be carefully freed of fat, and thicken with flour and add the minced capers. Pour this over all and serve very hot.

### TASTY STEAK

1 lb. rump steak. 1 teaspoonful salt, pepper, sugar. 1 tablespoonful vinegar, tomato sauce, ketchup, and Worcester sauce. 1 teaspoonful salad oil. A scrap of onion. 1 oz. of butter (fresh).

Steep the steak for one hour or more in the above marinade, turning constantly. Drain it and fry in butter as usual till tender. Sprinkle a little flour on the pan and thin out the sauce with some of



the pickle and some water or stock. Pour over the steak and serve with grilled tomatoes and mushrooms.

### BACON ROLY POLY

$\frac{1}{2}$  lb. suet crust (i.e.  $\frac{1}{2}$  lb. flour,  $\frac{1}{4}$  lb. suet or 3 oz. Hugon's).  $\frac{1}{2}$  lb. streaky rashers. 1 onion. Sage. Pepper.

Roll out the suet crust and lay on it the bacon, the onion parboiled and minced and season this well with sage and pepper. Roll up and secure the pudding, and steam or boil 2 to  $1\frac{1}{2}$  hours according to method of cooking. The pudding may be made in a basin with the meat and onions alternated, beginning and ending with bacon, and boiled or steamed, allowing a few minutes extra for the basin.

Serve it with boiled parsnips and steamed potatoes.

### BEEF ROLL

$\frac{1}{2}$  lb. flaky pastry.  $\frac{1}{2}$  lb. cold beef (underdone). 2 hard-boiled eggs. 2 oz. cooked ham. Parsley. Herbs. Pepper. Salt. White of egg, and yolk. 1 oz. crumbs.

Roll the pastry thin and cut in two squares. Lay the beef minced and seasoned on one half, then the hard-boiled egg cut across, and then more beef which has been bound with egg yolk and crumbs and lay the other half of the pastry over. Seal the edges well and score the pastry across in a trellis pattern with the back of a knife. Brush over with white of egg and bake in a good sharp oven, 20 minutes.

Serve hot or cold.

### SAVOURY OVEN STEW

1 lb. meat. 1 large onion. 6 potatoes. Herbs.  $\frac{1}{2}$  teaspoonful pepper, salt, nutmeg. 1 ounce flour.  $\frac{1}{4}$  pint stock.

Grease a pie dish and line with meat, onions and

potatoes alternately with the seasonings. Lay potatoes on last with some pats of dripping. Add flour and stock and bake slowly for  $2\frac{1}{2}$  hours. Cover potatoes with paper till done and then remove covering to brown them.

## SAUSAGE AND TOMATO

1 lb. sausages. 2 oz. breadcrumbs. 3 large tomatoes.  
1 oz. butter. Warm water. Seasonings. Mushroom ketchup.

Skin the sausages and roll in flour. Grease a pie dish and place in it alternate layers of sausage and breadcrumbs and last of all the tomatoes sliced, with breadcrumbs, and small butter pats and pepper on these.

Add water and rest of butter, ketchup and any other chosen seasonings and bake in a good oven for  $\frac{1}{2}$  hour. Serve very hot.

## TOMATO ROLL

$\frac{1}{2}$  lb. pork sausage. 1 teaspoonful minced parsley. 1 large tomato. 2 oz. crumbs. Pepper, salt, mace, 1 egg, and more crumbs.

Skin the tomato after immersing for 30 seconds in boiling water and mince it finely.

Skin the sausage and well mix with tomato, crumbs, and seasonings, and bind with half the egg.

Brush the mixture, which has been moulded into sausage shape, with egg, and toss in crumbs and fry in hot fat. Drain carefully and serve hot on lace-paper and garnished with parsley and tomato. A little brown gravy or hot tomato sauce may be served in a boat.

### GALANTINE OF BEEF

1 lb. lean beef.  $\frac{1}{2}$  lb. bacon or cooked ham.  $\frac{1}{2}$  lb. breadcrumbs. 2 eggs. Salt and pepper. Minced parsley. Brown glaze.

Mince the beef and bacon finely, passing twice through the machine. Add crumbs, seasonings, and eggs, well beaten. Roll in a cloth and boil steadily for 2 to 3 hours. Turn out when cold and glaze.

For the glaze use 5 leaves gelatine and  $\frac{1}{4}$  pint brown stock. Melt these together, skim and let cool slightly. Brush over roll when cold till well coated. Two or three applications may be needed. Let each dry before applying the next.

### GALANTINE OF VEAL

$\frac{1}{2}$  lb. veal cutlet. 1 knuckle of veal.  $\frac{1}{4}$  lb. cooked ham. 2 hard-boiled eggs. 3 leaves gelatine. Minced parsley. Lemon rind. 1 onion. Herbs. Pepper. Salt. 6 pistachio nuts.

Stew the veal and knuckle with onion, herbs and seasonings for 2 or 3 hours. Strain off the liquor and remove fat. Cut the meat into neat dice or mince it and also mince the ham. Cut the hard-boiled egg into rings lengthways of the egg.

Lay these in a neat pattern in a mould, preferably of earthenware. Now sprinkle in some parsley and lay the meat with chopped pistachio nut, which has been blanched (skinned), and any egg left over, intermingled, press it in evenly to the bottom and then pour to it the stock in which the gelatine has been melted. Leave to get quite cold and set or stand on ice till needed. Turn out and garnish artistically with small tomatoes, parsley and chopped jelly made from a little of the stock and gelatine.

### YORK STEAK

1 lb. tender steak. A batter of two eggs, herbs, grated onion, 2 oz. flour,  $\frac{1}{2}$  pint water, 1 oz. butter.

Make the batter ready and this should be quite thin, like milk. Let it stand an hour before using. Season the steak with pepper, salt, herbs and grated onion and lay in a greased Yorkshire pudding tin.

Pour the batter over carefully, drop the butter on it in small pats and bake 30 minutes in a good oven. Serve with brown gravy.

### JOINTS

The method to pursue with these is so usual and well known that no further instruction is needed. The times allowed per pound are the same as always employed. But a pleasant variation may be obtained by following the French custom of removing the bones from every joint, and replacing this with a seasoning or stuffing according to taste. The joint should be tied into a firm neat shape, and, if mutton, stabbed in one or two places and a small shred of garlic placed in the incision. Beef and veal may have an onion, cut across, placed in the pan and cooked but not served with the meat.

A good seasoning of pepper and salt is used and butter takes the place of dripping for basting joint and greasing the dish. This can be embodied with the gravy and do away with the dripping basin. The fat, all but that needed for cooking, should be removed first and rendered down alone, thus securing pure flavourless fat for pastries. The bones may be dried in the oven and kept for soup or stewed to add to the gravy. This is a far more satisfactory and economical way of dealing with joints, and they cook more evenly and carve neatly and with no waste at all, and



no unsightly half stripped bone on the table. Then the scraps to be used up for little dishes are all moist and usable.

## POULTRY

As pointed out in a former chapter all birds are best cooked in the paper bag, as this preserves the juices and flavours as no other method save the casserole. The latter produces more the character of a stew. The bag is for roast meats.

Chicken and pigeon (Bordeaux) are good if skinned, split and grilled with a little butter and served with a good sprinkle of lemon juice. This is a delicious and quickly prepared meal for the late comer or unexpected guest.

## A CHAPTER ON VEGETABLES

FEW English people realize the value of vegetables, and fewer still know how to preserve and make the most of the invaluable and health-giving and life-preserving salts they contain. The commonest and most usually accepted method of cooking green and other vegetables is to boil all these salts out of the vegetables in fast boiling salt and water with sometimes the addition of some soda, which still more helps to remove the value of the greenstuff, and to pour away the valuable brew thus obtained and to retain and serve the more or less tasteless and indigestible remaining fibre and bulk. We must cross the Channel to see vegetables used properly and justly. Many people will say that it is a waste of time to cook messes with vegetables, but why this should be deemed true of vegetables and not of meat or fish is hard to say. There seems to be a curious ignorance as to

precisely the part that vegetables should play in our diet. They are looked on as an agreeable adjunct rather than a vital need.

Certain vegetables must be cooked in fast boiling water to break down the harder outside cells and to achieve a certain chemical change and remove certain disagreeable qualities. These somewhat objectionable features are caused by the very free, too free sometimes, use of animal manures, and manifest themselves in no uncertain way through the horrible odour of cooking cabbage and other green meat of a like culture. The smell is caused by the liberated ammonia salts. Once this strong savour is removed, as it can be to a certain extent, there is no need to gallop the water nor to drown the vegetable in overmuch water, sufficient only to cook the greens should be used. To avoid the objectionable smell of cooking plunge the cabbage first in boiling water for 5 minutes, throw this away and procure a fresh supply of boiling water to cook the cabbage. To the water in which the cabbage is cooked may be added, with great advantage to the flavour, a bacon bone, or a small piece of salt pork or a ham bone, a clove of garlic or a small onion, or in place of the meat a nice piece of butter or good dripping. The result will be a revelation to many. The nutritive value of the cabbage will be greatly increased.

There are several vegetables which it is considered usual to eat only raw, which when cooked form a nice addition to the usual vegetable list and are also valuable to delicate digestions and to sufferers from diabetes and gouty affections. The outside leaves of lettuce are generally thrown away. A good use may be made of them by rendering down in a saucepan with a tiny drop of water and a morsel of butter, if liked, to cook other vegetables, or they may be eaten like spinach, which they much resemble in flavour. Water cress is excellent this way, and raddish tops are

as good as turnip tops for their salts and more delicate in flavour. Any of these cooked with a little finely minced onion and butter and cooked in their own juices are most delicious and cleansing to the blood at the same time.

**Green Peas** (Petits pois), French fashion.—Into a large deep pan with a cover (iron if possible) mince 2 shallots and cook in a little butter, enough to glaze them, but do not allow them to brown, simmer gently for about five minutes. Now break 3 nice well washed lettuces to the onion in the pan and cover down over a gentle heat and allow to cook gently. So soon as the resultant liquor from the lettuce has collected in the pan and commenced to boil, throw the peas, ready shelled, together with a dust of pepper, a very little salt, a small bouquet garni (sweet herbs) and cover closely again. Let the peas cook gently in the lettuce juice till tender, about 20 minutes for young peas. Serve the whole contents of the saucepan, piling the peas up on the cooked lettuce with just a little pat of fresh butter on top and a little more seasoning of pepper and some minced parsley, or in place of the additional butter add a little cream. You will not recognize in this dish the customary mint-flavoured dish, a borrowed flavour which hides the proper taste of the peas which the onion only amplifies, but for the first time you will taste green peas and have all the benefit of their fine qualities, which are usually consigned to the sink in the shape of the water in which they have been boiled. The opium in the lettuce is good for the blood and digestion. This lovely dish is a meal in itself. All vegetables are served on the Continent as separate courses. *There is a reason.*

**Potato and Carrot White Stew.**—Boil some nice new potatoes of even size without mint. Cook also equal quantities of young carrots, cut small and boiled till quite tender in only sufficient water to cook

them. Drain both and place both potatoes and carrots back in the hot saucepan and add a nice lump of fresh butter. Mix some new milk and a little cornflour or other starch and add a little white pepper, salt and a pinch of mace. Pour this to the butter and vegetables and tilt the pan gently back and forth until the sauce is done, about 3 minutes gentle cooking after it has come to the boil. Last of all toss in some finely minced parsley. Turn all in a neat pile on to a hot dish and serve at once. A delicious and satisfying dish.

**Haricot Potatoes.**—Fry a nice large onion cut in thin rings in some butter or good dripping till a rich golden colour. Add to this 1 oz. of flour and fry also till brown. Now add pepper and salt,  $\frac{1}{2}$  pint of brown stock or the same amount of water or vegetable stock, and stir till it boils, skim free of superfluous fat and then add the potatoes previously boiled all about the same size or cut to one size. Cook altogether till the onions are quite tender. If not a good colour when ready to serve add a few drops of Parisian essence, and also one teaspoonful of anchovy essence and a teaspoonful of lemon juice.

**Mock Meat Soup** (Italian “Minestra”).—This is a complete deception to those who do not know its composition, for it tastes like good meat soup, though there is no meat or stock of meat used in its manufacture.

Take equal quantities of, and cook in separate waters till tender, any root vegetables and green vegetables in season. Say a small cabbage heart, 1 turnip, 1 carrot, an onion, a small cauliflower, half a cup of rice nicely washed (unpolished rice preferable), a stick or two of celery, or salt of celery if the vegetable be not in season, a few sticks of Naples macaroni nicely boiled and cut into 1 inch lengths, a bunch of herbs, salt, pepper and 1 oz. of butter. When all the vegetables are done cut them into pieces of even size,



and place them in a large earthenware vessel with the cooked rice and macaroni, or some cooked haricot beans or green peas or split peas, all or any of these (the greater the variety the better) and the butter, herbs and seasonings and a little of the water in which the celery or carrots have been cooked, enough to float the vegetables. Warm this all through and serve with croûtes of fried bread. This is a complete meal.

Another and less troublesome way is to place all the vegetables, cut into neat pieces, raw, and cover them with cold water in a deep earthenware pipkin and simmer till they boil, and then add the rice, macaroni or beans and cook slowly for 2 or 3 hours very gently, keeping well covered, and serve, adding the butter and seasonings at the last. This is better flavoured than the first way, but the colours of the vegetables are not so bright.

**Vegetable Curry.**—Take equal quantities of fresh or tinned mushrooms, fresh or tinned or dried peas (soaked and cooked), haricot beans, a little carrot cut small, some butter or nut fat, and cook all gently in a little water. The haricot beans must be soaked and cooked first and the carrots blanched. Make a good curry sauce as follows:—Mince and fry 2 shallots in butter or oil. Add a dessertspoonful of best curry powder and 1 teaspoonful of curry paste,  $\frac{1}{2}$  oz. of flour, and fry these together with the onion for 5 minutes, stirring carefully to avoid burning. Now add some stock (vegetable) or water, about  $\frac{1}{2}$  pint and let all come gently to the boil, stirring all the time till it thickens. Now add 1 apple minced and 1 tomato skinned and chopped, a pinch of sugar and  $\frac{1}{4}$  pint of milk in which 1 oz. of cocoanut has been simmered and strained off. Boil up carefully till the apple is done. Add the vegetables and again warm up; and, last of all, add a teaspoonful of lemon juice. Serve with rice boiled as for Indian curry. Sul-

tanias may be added to the curry sauce if liked. This is a complete and delicious meal.

Eggs, haricot beans, etc., may be served as above, that is with the curry sauce and rice, the eggs to be hard-boiled and cut in half and warmed through in the sauce.

**Spaghetti with Tomato** (Italian fashion).—Cook the spaghetti for 20 minutes in salted boiling water till tender, but do not allow it to become soft and pasty; it should be tender but just firm in the teeth. Drain and keep warm on a large dish. Make a tomato sauce as follows:—

Fry some pieces of fat and meat (say, the trimmings from some cutlets) and a large onion till brown. Add a tin of tomato paste or a small tin of skinned tomatoes and enough water or stock to the former to thin out to a medium thickness. Season well with pepper and add a clove of garlic if liked and simmer till cooked. Pour some of the sauce over the spaghetti and toss it with a fork and spoon till well coated. Serve very hot with a bowl of grated Parmesan cheese.

**Cauliflower and Cheese**.—Cook a cauliflower in boiling water and salt till tender. Drain on a cloth till dry, and then divide into small sprays. Make a good white sauce with 1 oz. of butter,  $\frac{3}{4}$  oz. of flour and  $\frac{1}{4}$  pint of milk, with a little cream if liked. To this add 3 parts of  $\frac{1}{4}$  lb. of grated cheese (Cheddar or real Parmesan) and some red pepper. Stir till the cheese is melted, but do not cook enough to make it oil. Now drop in the cauliflower sprigs and warm through without allowing the mixture to boil again. Turn into a deep dish, sprinkle over the remainder of the grated cheese with an equal amount of fine breadcrumbs well seasoned with pepper and salt and cayenne, scatter a few tiny pats of butter all over and place in the oven for a few minutes or under the grill to brown. Serve hot.

**Potatoes and Cheese Sauce**.—Treat boiled

potatoes as above and serve with some minced parsley in addition.

**Potatoes and Parsley Sauce.**—Boil and slice the potatoes thinly, put into a good white sauce, omitting the cheese and replacing by a heaping tablespoonful of finely minced parsley, added after the sauce has boiled.

**Broad Beans and Cream.**—Boil the beans gently till tender in well salted boiling water or in a double pan cooker with a little butter and a tiny drop of water, drain and place on a hot dish. Melt on a plate a small piece of butter and one tablespoonful of cream, add pepper and salt and a dusting of nicely minced parsley. Stir the beans to this and see that they are nicely coated all over. Serve very hot. These are a delightful follow to roast loin of lamb which has been cooked French fashion with small pieces of garlic stabbed into apertures in the fat.

**French Beans** (Haricots verts).—Break the beans across into two portions and draw off the strings and heads and tails; on no account use a knife, as this spoils the flavour and discolours the beans also. Toss into salted boiling water enough to cover and cook gently until tender, about 15 to 20 minutes. Serve with cream sauce as above.

**Runner Beans with Meat Juice** (Haricots verts au jus).—Boil these, breaking up as French beans, drain off, and pour into the bottom of the saucepan  $\frac{1}{4}$  pint of good thin gravy, warm through and add pepper and salt, and at the last a dessertspoonful of white wine vinegar and a pinch of castor sugar.

**Sweet and Sour Beans** (German fashion).—Cook as above and make a thick brown gravy as follows. Fry some butter or dripping (1 oz.) and add  $\frac{3}{4}$  oz. flour and fry that till brown. Add  $\frac{1}{2}$  pint of stock or water and stir till it boils and thickens. Skim carefully at once when it boils. Cook 3 minutes and add plenty of seasoning of pepper and salt and a

little mushroom ketchup if liked, and lastly 1 table-spoonful of brown vinegar and 2 teaspoonfuls of brown sugar, then add the beans and warm them through, but do not boil again. Serve very hot with croûtes of fried bread or sippets of toast.

**Green or Red Cabbage, Sweet and Sour.**—Same treatment as above, cutting the cabbage in neat pieces after boiling and add to the sauce.

Meat may be cooked with the cabbage. Any coarse part of beef or mutton, free from fat. The vinegar in this case must not be added until just before serving as it hardens the meat. To make the meat more savoury and tender immerse in a marinade of vinegar, oil and onion and herbs and seasoning for an hour and cook gently in an earthenware vessel in the oven till done. It needs only to be warmed through and piled with the greens round it and the gravy poured over.

## PUDDINGS AND SWEETS

### SUET PUDDINGS

#### Lemon Dumplings

$\frac{1}{2}$  lb. breadcrumbs. 4 oz. suet. (or 3 oz. Hugon's).  
 $\frac{1}{4}$  lb. brown sugar. Grated lemon rind (1).  
1 egg.  $\frac{1}{4}$  pint milk. Juice of two lemons.

Chop the suet fine and add to flour and other dry ingredients, and beat 1 egg in the milk. Add last of all the lemon juice. Pour the mixture into buttered cups or moulds, half way up, and steam  $1\frac{1}{2}$  hours or boil 1 hour. Serve on a hot dish coated with sweet clear sauce made with lemon juice,  $\frac{1}{4}$  pint water, 1 oz. sugar and  $\frac{1}{2}$  oz. cornflour,



**Brown George**

$\frac{1}{4}$  lb. flour.  $\frac{1}{4}$  lb. breadcrumbs.  $\frac{1}{4}$  lb. suet.  $\frac{1}{4}$  lb. brown sugar. Grated lemon rind. 1 tablespoonful treacle.  $\frac{1}{2}$  teaspoonful ground ginger.  $\frac{1}{4}$  pint milk.  $\frac{1}{2}$  teaspoonful baking powder.

Blend all the dry ingredients with the chopped suet (if Hugon's is used 3 oz. only required), and warm the milk and treacle together. Beat into the dry materials and last of all add the baking powder. If placed in small cups, well greased and coated with brown sugar, steam 20 minutes. If in one pudding it will require 2 hours or more. Serve with warmed treacle or caramel sauce (*see* Sauces).

**BROWN BREAD PUDDING**

$\frac{1}{2}$  lb. brown-bread crumbs. 4 oz. suet (3 oz. Hugon's). 8 oz. sugar. 3 eggs.  $\frac{1}{4}$  lb. mixed peel. 2 oz. glacé cherries (halved). Grated lemon rind. 2 tablespoonfuls milk.

Butter small dariole cups and fill three parts with the mixture. Place in a saucepan of boiling water and steam 1 to 2 hours, placing greased paper over each pudding.

Turn out and decorate each pudding tastefully with half a cherry and leaves cut in angelica, or an almond split. Pour round a well flavoured, sweet sauce or maple syrup warmed.

**FIG PUDDING**

$\frac{1}{4}$  lb. breadcrumbs.  $\frac{1}{2}$  lb. figs.  $\frac{1}{4}$  lb. flour.  $\frac{1}{4}$  lb. brown sugar. 2 oz. ground almonds or 7 drops almond essence.  $\frac{1}{4}$  lb. sultanas or 3 oz. Valencia raisins.  $\frac{1}{2}$  teaspoonful grated nutmeg. 2 eggs.  $\frac{1}{2}$  teaspoonful baking powder.

Mix all the dry ingredients, chop the figs and stone the raisins, and chop slightly. Mix all with the beaten

eggs and milk and steam in buttered cups  $\frac{1}{2}$  hour or if one large pudding 3 hours.

Serve with sweet sauce, flavoured with port or brandy.

### TUTTI FRUTTI PUDDING

Line a greased pudding dish with a light suet crust, using 5 oz. suet and  $\frac{1}{2}$  lb. flour. Fill it with layers of sliced apples, quarters of oranges and pieces of fig and stoned dates and 2 oz. blanched almonds.

Scatter 3 oz. sugar among these and a dust of ground ginger. Cover with suet crust and boil for 2 hours or steam for 3 hours. Turn out and serve hot with a wine sauce. Any fruit preferred may be used, as bananas or apricots, but there should be no predominant flavour. A little butter or suet among the fruit is an improvement and keeps it moist.

### APPLE AND CURRANT SUET ROLL

$\frac{1}{2}$  lb. apples. 2 oz. currants. 2 oz. brown sugar. 2 oz. suet ( $1\frac{1}{2}$  oz. Hugon's). 6 oz. flour. Nutmeg, salt and a teaspoonful baking powder. Grated lemon rind.

Peel and mince the apples, removing the core, wash and dry the currants and mix these with the sugar and nutmeg and lemon rind. Mix the dry flour with salt, baking powder, and chopped suet, mix with cold water to a very light moist dough, roll out to  $\frac{1}{4}$  inch thick and spread with the fruit mixture, and roll up and seal well.

Roll the pudding in a buttered paper and steam in a potato steamer 1 hour to  $1\frac{1}{2}$  hours.

### PUDDINGS (Steamed)

#### Calcutta Suet Pudding

Light suet crust ( $\frac{1}{2}$  lb.)  $\frac{1}{4}$  lb. figs. 1 orange. 2 apples. 2 oz. dates. 2 oz. brown sugar. Ground ginger.

Line a pudding basin with the crust and place in

it the fruit in layers with a dust of ginger and sugar. Cover with suet crust and steam 3 hours. Serve with a wine sauce.

### Canary Pudding

2 eggs. Their weight in sugar, butter and flour.  
 $\frac{1}{2}$  teaspoonful baking powder. Jam sauce or lemon sauce.

Beat the yolks and whites well, then fold in the sugar, and dust in the flour, and melted butter alternately till used up. Add the baking powder last and beat well.

Butter a mould, pour the pudding mixture into it and steam 2 hours. Serve with hot sauce of jam or lemon, according to taste. White sauce, nicely flavoured, is also nice with this.

### Cabinet Pudding

The same mixture as above with the addition of 2 oz. sultanas, 1 oz. candied peel, 1 oz. candied cherries and a little lemon rind or vanilla essence. Steam  $2\frac{1}{2}$  hours, serve with sherry sauce.

**Sauce.**—Blend 2 teaspoonfuls arrowroot with cold water and pour to  $\frac{1}{4}$  pint boiling milk and water, and boil up for 3 minutes. Add sugar and wine before serving.

### Lemon Pudding

$\frac{1}{4}$  lb. flour. 3 oz. suet (Hugon's). 2 oz. breadcrumbs.  
 Rind of 1 lemon. 4 oz. sugar. Salt. A little milk.  
 1 egg.

Mix the flour, suet, breadcrumbs, lemon rind and sugar and salt with a little milk and the beaten egg and put into a buttered mould. Steam 2 hours and serve with clear lemon sauce made with arrowroot and water, lemon juice and sugar.

## EGG DISHES

## EGG MOULD

3 gills of milk.  $\frac{3}{4}$  oz. gelatine. 2 egg yolks. 2 egg whites. 2 oz. sugar. Flavouring to taste.

Beat the egg yolks till frothy and light and then pour to them the milk brought nearly to boiling point, stir this well and add the gelatine. Return the mixture to the saucepan and allow the milk to thicken, but do not let it boil. When the mixture is quite thick, and all the gelatine dissolved, remove the pan from the fire and sweeten and flavour to taste. Let the mixture get cold and then fold in the stiffly whipped whites of the eggs. Beat a little until all the egg white is well blended with the rest and then pour into a wetted mould and place in cold water to set. When set turn out and serve with whipped cream or lemon syrup.

## HAM AND EGG FRITTERS

4 eggs hard-boiled.  $\frac{1}{2}$  lb. good short-paste.  $\frac{1}{4}$  lb. cooked ham. Egg, Crumbs and Frying fat.

Boil the eggs till hard, 15 to 20 minutes, and plunge in cold water. Make  $\frac{1}{2}$  lb. good short-paste and roll out very thin. Cut into oval pieces a little larger than an egg cut longitudinally. When cold, shell the eggs and cut lengthways in two. Lay each half on the cut ham, cut thin, and cut a piece the shape of the egg. Now lay each piece of egg and ham on a piece of pastry, wet the edges of the paste and neatly join over the egg, trimming off any extra pieces. Brush these over with egg and toss and coat in fine crumbs. Fry a light golden colour in hot fat or oil. Serve piled high or in a nest made of strips of pastry laid round a flat circle of pastry cooked in the oven separately.



### EGG CUTLETS

3 hard-boiled eggs.  $\frac{1}{4}$  pint stiff white sauce. Pepper and salt to taste. Egg. Crumbs. Frying fat.

Shell the eggs and chop very fine. Stir into a thick white sauce and season highly. Shape and brush over with egg, coat with fine crumbs, and fry in hot fat.

### GOLDEN EGGS (Stuffed)

4 hard-boiled eggs. 1 teaspoonful anchovy essence. 1 teaspoonful chopped parsley. 1 teaspoonful lemon juice. Cayenne.  $\frac{1}{2}$  oz. butter. Egg. Crumbs. Frying fat.

Shell the hard-boiled eggs when cold and make a small opening in the white and carefully scoop out, without breaking the white, all the hard yolk. Turn this into a basin and beat to a smooth paste with the anchovy essence, parsley, lemon juice, butter, and pepper. Fill the empty whites with this savoury paste and shape well. Dust with dry flour, brush over with egg and then coat with crumbs, repeat this a second time, place in a frying basket and fry 3 minutes in smoking hot fat. Serve hot with fried parsley.

### CURRIED EGGS (Cold)

4 hard-boiled eggs. 2 teaspoonfuls curry paste. 1 teaspoonful minced parsley. 1 teaspoonful lemon juice.  $\frac{1}{2}$  oz. butter. 1 teaspoonful anchovy essence. Salad to taste.

Cut the eggs across when shelled, and cut a small slice off each end so that they will stand. Scoop out the yolks and work to a smooth paste with the other ingredients. Fill each half white and press in firmly and mould into a high point. Cut the pieces of egg-white from the ends into fine strips and place 4 on each egg top like a cross. Place the eggs in a nest of salad, say lettuce cut fine and mustard and cress, with a few

slices of cucumber and tomato as a garnish and save a little egg yolk rubbed through a sieve to sprinkle over the egg tops as a finish.

### CURRIED EGGS (Hot)

4 hard-boiled eggs. 1 tablespoonful curry powder.  
1 onion. 1 apple. 1 teaspoonful curry paste.  
 $\frac{1}{2}$  oz. flour.  $\frac{1}{4}$  pint stock. Lemon juice.  $\frac{1}{2}$  oz.  
butter.

Make a good curry sauce. Fry the onion in the butter, then fry the curry powder and the flour. Add the stock, bring to the boil, add the apple minced, and cook all gently for  $\frac{1}{2}$  hour. Add the lemon juice last of all, about a teaspoonful. Hard-boil the eggs and cut in thick slices, and add to the curry sauce and warm through. Serve hot with a border of nicely boiled rice.

### EGG AND POTATO PIE

Hard-boil 4 eggs, and cook 2 lb. potatoes. Fry an onion finely minced and add to it  $\frac{1}{4}$  pint white sauce. Do not brown the onion.

Grease a pie dish and coat with the potatoes mashed with a little milk, an egg yolk and a little butter, salt, and nutmeg. Place a layer of hard-boiled egg cut thick and season, add the sauce and then some mashed potato. Continue in alternate layers with a little minced parsley to each until full. Cover with a potato crust, brush with beaten egg, decorate and bake for 20 minutes. Serve very hot.

### SAVOURY OMELETTE

4 eggs. 1 oz. cooked ham. 1 small onion. Parsley.  
Pepper. Salt. Pinch of herbs.

Beat the eggs, chop and fry the onion, mince the ham and parsley and add these and seasonings to the beaten eggs. Warm 2 oz. butter in an omelette pan

and pour the mixture in. When set shake to the side of the pan and fold over. Serve very hot.

### TOMATO EGGS

Take 4 eggs and 4 tomatoes of even size. Toast and butter some neat squares of bread. Take the tomatoes, which should be large, and cut off the tops and remove the seeds from the middle and some of the pulp. Sprinkle pepper and salt into these cavities. Break each egg carefully and drop neatly into each tomato. Place the tomatoes on a greased baking dish (earthenware preferably) and bake in a hot oven till the whites of eggs are set. Lift on to the buttered toast after basting with the hot butter and serve with a garnish of minced parsley.

### EGGS STUFFED WITH OLIVES AND ANCHOVIES

4 hard-boiled eggs. 6 anchovies. 1 dozen olives. Lemon juice.  $\frac{1}{2}$  oz. butter. Pepper.

Cut the eggs across and remove the yolks. Beat these with butter, pepper and lemon juice and the anchovies pounded and olives stoned and chopped fine. Serve in a bed of salad with olives stuffed with curled anchovies as a garnish.

### EGG AND TOMATOES IN ASPIC

4 hard-boiled eggs. 4 tomatoes. Grated lemon rind. Minced parsley. 2 oz. gelatine. White stock. Seasonings to taste.

Boil the eggs hard and shell them, cut into rings. Skin the tomatoes and cut into slices. Mince the parsley and grate the lemon rind. Make a jelly with the gelatine boiled in the stock, clear with eggshells.

Take a mould (china) and wet it, pour in a little

aspic, to which the minced parsley and grated lemon rind have been stirred. Let this set and arrange the egg and tomato in a good pattern and pour on a little more aspic. Let this set and gradually fill the mould in this way. Turn out when set with a garnish of chopped jelly and minced parsley. A nice summer luncheon dish for picnics or otherwise.

## EGG SWEETS AND PUDDINGS

### Lily-White Mould and Golden Sauce

4 eggs. 2 oz. castor sugar. A pinch of salt. A little lemon juice. 1 pint milk. Vanilla flavouring.

Whisk the egg-whites till stiff with a pinch of salt and a little lemon juice. Fold in the sugar and put the mixture in a well-buttered mould and steam for 30 minutes or till set. Turn out on to a hot dish and pour round a sauce made from the beaten yolks added to 1 pint hot milk, which must be stirred over a gentle heat till the custard thickens enough to cling to the spoon. Sweeten to taste and flavour with vanilla essence and pour round the mould.

## FRUIT TRIFLE

Bottled fruit to choice. A small sponge cake. 1 gill cream. 6 oz. sugar. A little milk and some sugar for the cream.

Scoop out the centre of the sponge cake and fill with the syrup from the fruit boiled with some sugar. When this is soaked in put the fruit to warm with a little milk and sugar. When nearly boiling pour on to the cake and pile high. Let this cool and then whip and sweeten the cream and pile artistically on the fruit to cover it.



**CHEESE EGGS**

4 hard-boiled eggs. 2 oz. Cheddar cheese.  $\frac{1}{2}$  oz. butter. Lemon juice. Pepper. Salt. Horseradish. Egg wash. Crumbs. Frying fat.

Scoop the eggs free of yolk as for golden eggs, and make a filling of the yolks, butter, lemon juice and grated cheese and seasonings. Fill and shape, dust with dry flour, egg and crumb and fry in hot fat. Serve piled high with grated cheese sprinkled over.

**SARDINE EGGS (Cold)**

4 hard-boiled eggs. 4 sardines (boned).  $\frac{1}{2}$  oz. butter. 2 teaspoonfuls tarragon vinegar. Pepper. Salt. Minced parsley. Salad.

Cut the eggs in half across and cut off a small piece from each end. Fill piled high with stuffing of the other ingredients. Place in a nest of salad and decorate with chopped egg white and spring onions cut to represent snowdrops, a cross cut.

**EGGS AND WHITE SAUCE ON TOAST**

Hard-boil 3 eggs. Make  $\frac{1}{4}$  pint white sauce. 1 teaspoonful minced parsley. Pepper. Salt. Lemon juice. 1 gherkin. Rounds of toast.

Cut the eggs into dice, keeping back  $\frac{1}{2}$  of 1 egg. Make the white sauce with  $\frac{1}{4}$  pint milk,  $\frac{1}{2}$  oz. butter, and  $\frac{1}{2}$  oz. flour and season nicely. Stir in the chopped egg and minced parsley and 1 pickled gherkin chopped fine or  $\frac{1}{2}$  tablespoonful of capers chopped, and then add the lemon juice. Pile on rounds of buttered toast and decorate with the  $\frac{1}{2}$  egg white chopped fine and the yoke sieved, and a little minced parsley.

## TOMATO DISHES

### PORTUGUESE TOAST

1 oz. butter. 3 tomatoes. 3 eggs. 1 small onion.  
1 tablespoonful chopped ham (1 oz.). Cayenne.  
Salt. Rounds of buttered toast.

Melt the butter in a pan and fry the onion, finely minced, in it. Add the tomatoes, skinned and cut small, and season highly with cayenne and salt. Beat up the eggs and add these and the minced ham to the pan and stir till the eggs set lightly. Pour on to the rounds of toast and serve very hot.

### STUFFED TOMATOES

6 tomatoes. 1 egg. Lemon rind. Crumbs. Parsley. Pepper. Salt. 1 oz. butter. 1 small onion.

Mince the onion and fry in the butter. To this add all the ingredients except the tomatoes and mix well to a moist stiff stuffing. Remove the top from each tomato, fill with stuffing, add a tiny pat of butter and place the top on again. Sprinkle with a mixture of equal quantities of breadcrumbs and cheese, and place in a hot oven for  $\frac{1}{4}$  hour. Serve on hot buttered toast.

### TOMATES FARCIES (Stuffed).

1 oz. butter. 4 tomatoes. 1 teaspoonful parsley.  
1 clove of garlic. 1 oz. breadcrumbs. 1 oz.  
grated cheese. Cayenne. Salt. Water or stock.

Mince the garlic and fry a deep brown in the butter. Cut 4 ripe large tomatoes across and fry gently on both sides in the butter. Mince some parsley and

add it to the crumbs and cheese and season very lightly with cayenne and sufficient salt. Place a good teaspoonful of this mixture in the tomatoes and cover the pan for a few minutes till the cheese is melted. Lift the tomatoes into a deep dish and add a little stock or water to the liquor in the pan. Boil up and pour round the tomatoes and serve very hot.

### TOMATO AND MUSHROOMS

4 tomatoes. 4 mushrooms. 1 oz. butter.  $\frac{1}{2}$  oz. flour or cornflour. 1 clove of garlic. Pepper and salt. Croûtes of fried bread.

Fry the garlic in butter and then the tomatoes and lastly the mushrooms, which have been chopped small. Fill the tomatoes with cooked mushroom and place on round croûtes of buttered toast or fried bread, pour the thickened gravy over each tomato.

### TOMATO AND CALVES' LIVER STUFFING

Fry  $\frac{1}{4}$  lb. calves' liver and mince finely. Cut the tops off 4 large tomatoes, remove some of the pulp and fill the cavity with the cooked liver and gravy. Bake 20 minutes and serve on toast with a good sauce poured round made of the pulp from tomatoes added to the liquor from the fry to which has been added a little stock or water, and a good squeeze of lemon juice. This must be strained free of pips over the tomatoes.

### TOMATO ROAST

$\frac{1}{2}$  lb. raw steak. 2 tomatoes. 2 oz. breadcrumbs. 1 egg. A little onion. Pepper. Salt. 1 oz. butter.

Mince the steak, tomato and onion and add breadcrumbs. Season well and bind with an egg. Roll in a well-buttered paper and roast 20 minutes covered

and 10 to 15 minutes after removing paper. Baste well with butter. Lift out the roast, and thicken the resultant gravy and pour round.

### TOMATO SAVOURY

Cut the top from 4 tomatoes and remove half the pulp. Fry a small onion minced with the pulp in butter. Add a few breadcrumbs and beat in an egg. Fill the tomatoes and cover with the detached tops and bake in a well greased dish for 20 minutes, basting well with butter. A few shreds of bacon may be cooked at the same time or grilled separately and served with the tomatoes.

### TOMATO-RICE SAVOURY

$\frac{1}{2}$  oz. rice. 1 onion. 3 tomatoes.  $\frac{1}{2}$  oz. grated cheese.  
1 oz. butter. Cayenne. Salt.

Mince the onion and fry in the butter. Slice and fry the tomatoes also. Boil the rice dry and tender and toss into the tomato and onion and stir well. Last of all add seasoning and grated cheese. Pile high on toast and serve very hot. It is as well to skin the tomatoes before frying.

### TOMATO SAUCE

$\frac{1}{2}$  lb. tomatoes. 1 onion (large). 1 tablespoonful white wine vinegar. 1 clove of garlic.  $\frac{1}{2}$  dessert-spoonful sugar. Salt. Pepper. Cayenne. Mace.  
2 oz. butter or oil. 1 oz. cornflour.

Skin and slice the tomatoes, mince the onion and garlic and fry all in butter. Add vinegar and a little water and seasonings. Simmer 15 minutes. Rub this through a fine sieve, return to pan, and thicken with the cornflour slaked in water. Boil 3 minutes and serve. This will keep awhile in bottle.



## TOMATO SALADS

## 1. With Onion

## 2. With Cucumber

1. 1 lb. tomatoes, skinned. 1 onion, blanched. 1 tablespoonful salad oil. 1 teaspoonful tarragon vinegar. 1 teaspoonful white wine vinegar. Pepper. Salt. Cayenne. Parsley.

Slice the tomato, mince the onion and parsley and sprinkle freely on tomato. Dust seasoning all over and then pour on oil and vinegars well blended. Let stand an hour.

2. 1 lb. tomatoes, skinned.  $\frac{1}{2}$  cucumber thinly sliced. Pepper. Salt. Cayenne. A little minced parsley. 1 tablespoonful oil. 1 teaspoonful each of tarragon and white wine vinegar.

Slice the tomato and the cucumber and arrange tastefully in dish. Season and add dressing and sprinkle with parsley.

## CAKES

THERE will not be a large number of these recipes as practically all cookery books supply a large and good variety. If accurately followed they are bound to be satisfactory.

But I would recommend my readers to give more attention to cakes made with yeast than to the baking powder kind, not because of greater scope but because of greater nutritive value and keeping powers.

Fruit cakes are good and nourishing and cakes made with cornflour are always light and tasty and digestible. This excellent flour may be used in a proportion of  $\frac{1}{4}$  in most cakes, and rice, ground rice,

is valuable in the proportion of  $\frac{1}{8}$  or  $\frac{1}{4}$ , according to the amount of butter used.

Butter and nut oils and fats are always preferable to dripping in cakes, but pure fat and lard may be used alone or blended. The more eggs used the less fat needed. To replace eggs and yet obtain a light cake use vinegar and milk to mix in preference to baking powder. Good beating and blending are worth all the baking powders, which only tend to dry the cakes, while they do not actually render them more digestible. Rather the sodas and driers in these raising agents are harmful if used largely. A little carbonate of soda and cream of tartar added in the proportion of  $\frac{1}{2}$  teaspoonful soda to 1 teaspoonful cream of tartar to  $\frac{1}{2}$  lb. flour are better in every way than any manufactured powders, and have the advantage of being fresh each time a cake is made, contain no injurious driers and are cheap, and no deterioration by damp will cause failure in baking. Mix the tartar with the dry ingredients, and melt the soda in milk and add last of all. Contrary to the long period needed for raising cakes by yeast, cake made with baking sodas must go at once into the oven when mixed, and the oven must be sharp and a good bottom heat assured for the first 15 minutes at least. Cakes keep best in tins as soon as cool. Paper should be removed while hot.

## CORNFLOUR CAKES

### Corn Dainties

6 oz. cornflour. 2 oz. butter. 3 oz. sugar. 1 egg.  
 $\frac{1}{2}$  teaspoonful baking powder. Orange rind  
grated, or any flavouring to taste.

Cream the butter and sugar, beat the egg to this. Next stir in gently the cornflour and add flavouring. Well grease some patty tins or a combination bun tin and coat with a mixture of equal parts of sugar and

cornflour by tossing this in the tins. Drop a flat teaspoonful of the mixture in each tin and bake in a very moderate oven 10 to 15 minutes. Let cool a little, lift the cakes with a knife edge and cool on a sieve.

### LITTLE RICE CAKES

8 oz. flour. 3 oz. butter. 2 oz. ground rice.  $\frac{1}{2}$  teaspoonful baking powder. 1 egg. 4 oz. sugar. Almond flavouring, 7 drops. A little nutmeg.

Cream butter and sugar, beat the egg in, and stir in flour and flavouring and baking powder and nutmeg. Drop a teaspoonful of the mixture into each well greased patty tin, place on a baking sheet and give 15 minutes in a good oven.

### SPONGE DROPS

2 eggs. Their weight in sugar and flour. Flavouring essence.

Break the eggs into a basin and add the sugar. Stir together and then beat steadily for 20 minutes, 10 minutes over a basin of warm water, and 10 minutes after away from the warm water. Fold in the flour, which should be dry and well sieved, and add the flavouring. Drop in spoonfuls into greased and flour-lined patty pans or far apart on greased paper on a baking sheet.

The same mixture may be made in a sheet and spread with jam and made into one large or a number of small jam rolls. The sponge should be turned on to a paper well dusted with castor sugar, the warmed jam spread thinly, the edges trimmed off and the sponge rolled carefully up in the paper and left till set. This keeps the shape, and avoids breaking.

**GIRDLE CAKES OR DROP SCONES**

6 tablespoonfuls flour. 1 teaspoonful cream of tartar.  
5 teaspoonfuls castor sugar.  $\frac{1}{2}$  teaspoonful  
carbonate of soda. 1 egg. Milk to mix. A little  
lard or butter. A large iron fry-pan or a girdle  
to cook these upon.

Add the sodas to the flour, also the sugar. Drop in  
the egg and add milk gradually till a thin batter like  
good cream results. Let this stand an hour.

Heat the girdle or fry-pan and smear over with lard  
or butter. Drop the batter in moderate spoonfuls  
on the pan far apart. These will rise and set under-  
neath. As soon as they are firm underneath lift and  
turn swiftly with a knife and cook on the other side.  
When firm and browned both sides lift on to a cloth.  
Grease the pan between each batch. This quantity  
will make 16 to 18 cakes. They should be made as  
nearly at time of meal as possible. Serve with pats  
of fresh butter and jam if liked. These are not nice  
the next day nor will they warm up. Their whole  
charm is their perfect freshness from the pan.

**TREACLE SCONES**

6 oz. flour. 1 oz. butter.  $\frac{1}{2}$  teaspoonful baking  
powder. A little salt. 1 dessertspoonful golden  
syrup. Milk to mix.

Rub the butter lightly into the flour, and add salt  
and baking powder. Drop the syrup into the middle  
and add milk gradually till a light moist dough is  
made. Turn on to a well floured board, knead lightly,  
and roll out an inch thick. Cut into tiny scones  
with a small round cutter. Brush with milk and  
place on a greased baking sheet and place in a sharp  
oven for 8 to 10 minutes. Split and butter and serve  
hot. They are quite nice cold and can be buttered  
after.



## CASTLE CAKES

Weight of 3 eggs in butter, sugar, and flour.  $\frac{1}{2}$  teaspoonful baking powder. Cherries or angelica to decorate.

Cream the butter and sugar, break in and beat the eggs one at a time and fold in the flour and baking powder. Half fill well-greased dariole tins and bake in a good oven for 15 minutes. Turn out and decorate. These may be rolled in a little jam syrup and coated with cocoanut or chopped pistachio or almond nut.

The centres may be scooped out and filled with real or mock cream and a handle of angelica softened in water placed to make cream baskets.

The same mixture baked in one sheet for 35 minutes, split, and iced between the halves and on top and cut into shapes, gives Genoa pastries.

The same mixture placed in cups and steamed gives castle puddings, or steamed in one basin gives steamed custard. Any decorations liked may be placed in the mould, and it can be served hot with sweet sauce or cold and turned out when set.

Put in a greased pie-dish with a layer of jam at the bottom, and with a meringue of beaten egg white and sugar on top it makes a delicious baked pudding.

The meringue must be added after the pudding is set, and lightly browned in the oven before serving.

## BATH BUNS

$1\frac{1}{4}$  lb. flour. 1 oz. yeast. 2 eggs (or 3 if preferred).  
6 oz. butter. 3 oz. crushed lump sugar. 1 oz.  
castor. 2 oz. candied peel. Grated lemon rind.  
A little salt. Warm milk to mix ( $\frac{1}{2}$  pint).

Rub the butter into the flour. Cream the yeast with a little sugar. Add to this the milk or milk and water, warmed together (80 degrees) and then pour onto the beaten egg. Make a well in the flour

and castor sugar and add the liquor to it and beat in till there is a light moist dough. Knead till elastic and smooth and set to rise for  $1\frac{1}{2}$  hours. Turn on to a floured board and work in the rough sugar, lemon rind and chopped candied peel. Place in small rough pieces on warmed and well-greased baking sheets far apart and set to rise in a warm place for 20 minutes. Bake in a sharp oven 10 to 15 minutes, and wash over with egg or milk and sugar while still very hot. Cool on a sieve.

Currant buns may be treated the same except that more sugar, say 2 or 3 oz. in all, must be added to the flour at first and a little essence of spice, 3 drops, added to the milk. These must be rounded up neatly.

### DOUGH CAKES

The same dough, with more eggs and butter, makes the foundation of any large cake, any spices must be added to the flour, or seeds, but fruit is best added last. Be sure to let the cakes rise well after placing in the tins lined with paper. Large dough cakes require 1 to 2 hours to bake, in a sharp oven at first, with the heat reduced as cooking proceeds.

This quantity of materials mixed rather wet makes 3 tea cakes, or Sally Lunn's. They must rise 1 hour and bake 30 minutes. Glaze while hot. Place in warmed, greased and flour-lined tins to rise.

### GINGERBREAD CAKE

8 oz. flour. 3 oz. dark treacle. 1 oz. butter. 1 teaspoonful baking powder. 2 oz. brown sugar.  $\frac{1}{4}$  lb. currants. 2 oz. candied peel. A little milk.  $\frac{1}{2}$  teaspoonful ground ginger.

Blend the flour, baking powder, sugar and ginger, wash and dry the currants and add with the peel chopped fine to the flour. Warm the treacle, milk, and butter together till the latter is melted and mix

well and beat thoroughly to the flour, etc. Pour into a paper-lined and greased tin and bake  $1\frac{1}{4}$  hours in a good oven at first, heat gradually reduced. If this colours too quickly, lay a sheet of paper over it, remove the solid shelf and place the cake lower in the oven till cooked.

### ORANGE LAYER CAKE

2 cupfuls sugar.  $\frac{1}{2}$  cupful butter. 3 eggs.  $\frac{1}{2}$  cupful milk. 3 cupfuls of flour and 3 teaspoonfuls baking powder or equivalent in carbonate of soda and cream of tartar. Juice of two sweet oranges.

Mix the sugar and eggs and beat stiff, fold in the flour and baking powder and add butter melted and bake in 3 shallow round tins for 8 to 10 minutes. When cooked lift onto a cloth to cool.

**Filling.**—2 eggs,  $\frac{1}{2}$  oz. butter, 1 cupful of sugar and the juice of 2 oranges, and rind of 1. Boil this mixture in a double cooker till it thickens and lay between each cake. The icing for the cake requires 6 oz. of icing sugar and the juice of 1 or 2 oranges. When the cake is cold spread the icing and scatter grated orange rind over it or decorate with glacé quarters of orange or cherries.

### RUSKS

1 lb. flour.  $\frac{1}{4}$  lb. butter. 2 eggs. A little milk. 2 teaspoonfuls baking powder. A little salt.

Rub the butter lightly to the flour, salt and baking powder and add the eggs and milk, mixing to a light moist dough. Roll out to  $\frac{1}{2}$  in. thickness and cut into small rounds with a plain cutter. Bake these on a greased baking sheet in a moderate oven for 15 minutes, then draw out the baking sheet, split the cakes open with a fork, and leaving the middles exposed upwards, return to the oven and cook till crisp and brown.

These may be eaten hot and buttered or cold. They will keep crisp in a tin and can be reheated if necessary.

### PLAIN LUNCHEON CAKE

1 lb. flour. 10 oz. currants or sultanas. 2 oz. candied peel.  $\frac{1}{2}$  lb. sugar.  $\frac{1}{4}$  lb. butter. 2 eggs.  $\frac{1}{2}$  pint warm milk. 1 teaspoonful carbonate of soda. A little grated nutmeg and grated lemon rind.

Cream the butter and sugar, beat in the eggs one at a time, then add flour and baking powder and the fruit washed, dried and stalked and tossed in flour, and the peel chopped small, the nutmeg and lemon rind, and blend all carefully with a little warm milk till stiff. Put into a paper-lined cake tin and cook at once for  $1\frac{1}{2}$  hours in a moderate oven.

### SHORTBREAD

6 oz. flour. 4 oz. butter. 6 oz. sugar.

Rub altogether and knead till smooth. Roll out  $\frac{1}{2}$  in., cut into shapes and bake in a cool oven till set and pale brown. Rub the cakes in sugar and pack in a tin.

### STEAMED CAKE (Spiced)

$\frac{3}{4}$  lb. flour.  $\frac{1}{4}$  lb. currants. 1 teaspoonful ground cinnamon. 1 teaspoonful mixed spice. 2 teaspoonfuls carbonate soda. 2 tablespoonfuls sugar. 1 tablespoonful black treacle. 1 tablespoonful golden syrup. 1 tablespoonful butter.

Mix all dry ingredients, adding currants last of all, well washed and dried. Melt together the syrups and butter and add to the rest, stirring in carefully. Line a tin with well-greased paper and pour in the mixture. Cover it closely with greased paper and place the tin in a steamer over a pan of boiling water



and cook for 2 hours. Remove paper while still warm. Place in a tin when cold.

### VANILLA BISCUITS

12 oz. flour. 4 oz. butter. Vanilla essence, 7 drops.  
1 egg and a little milk if required.

Rub flour, sugar and butter together, creaming the sugar and butter first. Drop in the egg and mix to a fairly stiff paste. Add milk if needed till ready to roll out. Roll to  $\frac{1}{2}$  in. on a sugared board, and cut into shapes. Cook on a well-greased baking sheet in a moderate oven till set and a pale brown, 10 to 20 minutes. Lift out on to a sieve at once to cool or they will not crisp properly. Keep in a tin.

### SHREWSBURY CAKES

The same as above except to substitute caraway seeds for vanilla, add a little grated nutmeg, a little finely minced candied peel if liked, and use 6 oz. butter in place of 4 oz.

### CURRENT PASTRIES

Make  $\frac{1}{2}$  lb. of good shortcrust and roll into a long square. Cut in half and spread with good currants previously soaked in hot water till swollen. Add a few scraps of butter, a little nutmeg, castor sugar and a grate of lemon rind and a few crushed biscuit crumbs. Cover with pastry, press together and bake in a good oven 30 to 40 minutes. Remove from oven, dredge with fine sugar and cut into fingers. Sultanas may be used in place of currants if preferred. Jam is also excellent or lemon curd.

### SWEET DREAMS

Make a good batter as for drop scones and have ready a pan of smoking hot fat (Hugon's block suet)

and drop small quantities into this. As they rise turn them until evenly browned, lift out and drain on soft paper. Remove all scraps from fat to prevent burning. When cold pour over the piled cakes honey and water or a good sugar syrup or maple syrup and dust with powdered cinnamon. These are improved by standing a few hours.

### CHERRY OR PINEAPPLE CAKE (Plain)

6 oz. flour. 2 oz. butter. 1 egg. 3 oz. sugar. 1 oz. glacé cherries or pineapple.  $\frac{1}{2}$  teaspoonful baking powder. A little milk.

Cream the butter and sugar, beat in the egg, add flour carefully with baking powder and last of all the fruit cut small. The mixture must not be too soft or the fruit will go to the bottom and burn. Turn into a paper-lined and greased tin and bake  $\frac{3}{4}$  to 1 hour in a moderate oven.

## PASTRIES

### Household Short Pastry

$\frac{1}{2}$  lb. flour. 5 oz. butter and lard mixed. A little salt, enough cold water to mix to a light pliable dough.

Requires a quick bright oven.

### Flaky Pastry (Rough)

$\frac{1}{2}$  lb. flour. 6 oz. butter and lard. Water. A little lemon juice.

Cut the fat into dice and mix one third with flour, water and lemon juice. Roll out thin and place another third of fat on two-thirds of pastry. Fold and roll out thin. Place the last third of fat as before, fold and roll 3 or 4 times giving a half turn each time to neaten the edges. This will improve if laid

on a cool plate and covered with a basin to set and harden. A sharp oven required for this.

### Puff Pastry

1 lb. flour. 1 lb. butter. Water. Lemon juice.  
Egg yolk, optional.

Keep the butter on ice or quite cool till needed. Press in a cloth to remove water. Sieve the flour, drop an egg yolk into the centre and stir in water and lemon juice till the dough is light and moist and will roll out very thin. Place the butter on the paste one end, moisten the edge of the pastry, fold and seal together and then press the butter out gently and carefully with the rolling pin. Give a half-turn, fold in 3 and roll out again thin. Repeat this 6 or 8 times, keeping the pin and board well floured to prevent sticking and taking care not to tear the paste. When all looks smooth the paste is sufficiently mixed. If it commences to be tough, set aside in a cool place for  $\frac{1}{2}$  hour when it will roll again easily. It is better to allow 10 minutes between each rolling to keep the pastry cool and malleable. This requires an extremely hot oven.

### Choux Pastry

For éclairs, cream buns, quenelles, savoury soup balls, etc.

4 oz. flour. 2 oz. butter. 2 eggs.  $\frac{1}{4}$  pint water.

Bring the butter and water to the boil and sift in the flour and stir over a gentle heat till the paste leaves the sides of the pan clear. Drop into a basin to cool, and when cooler drop in one egg at a time and beat till smooth and light, quite 10 minutes.

Place in small portions on a greased tin far apart and bake in a cool oven 40 minutes for cakes. For quenelles mix with the meat or fish used. For soup

balls drop into the boiling soup and poach for 10 minutes.

### Fancy Short Paste (German)

6 oz. flour. 3 oz. butter. 1 egg. 1 oz. crushed almonds. 1 oz. castor sugar. A little milk if needed.  $\frac{1}{4}$  teaspoonful baking powder.

Crumb the butter and flour, add other dry ingredients and mix to a light dough with egg and milk. Roll out fairly thick. A quick oven at first, slower after the first 10 or 15 minutes. Used for fruit tarts, etc.

All pastries except choux are best mixed with a knife. Choux requires a wooden spoon. The flour must be dry and fine, fats pure and tasteless. Less butter *means the necessity* for a little baking powder.  $\frac{1}{2}$  lb. flour and 2 or 3 oz. butter require  $\frac{1}{2}$  teaspoonful baking powder to lighten the paste (short only, never flaky).

## THE GAS GRILL

THIS is never sufficiently used, appreciated nor understood. Grilled food is light, digestible, wholesome and quickly prepared. Fish, toast, meat, poultry, the tops of savouries to be browned, the tops of milk puddings sufficiently cooked but still requiring a little more top colour, all go under the grill. A sheet of iron, such as gas companies supply, placed over the grill will throw the heat down more on the food and with an asbestos mat placed on it will serve to keep plates and dishes hot till required or will simmer the sauce needed for any grilled dish, such as maître d'hôtel sauce for grilled steak or fish. Thus an economy of gas will also prove a great convenience as well.

**To Use the Grill,** turn on the [gas full for 3 or 4 minutes till the griller pieces are glowing red,



then reduce the gas flame till it keeps the grill red but will not cause the food to splutter.

Place fish close under the red grill and cook for 3 to 5 minutes on each side according to thickness.

Toast and meats should be placed one rung lower on the grill, toast to brown gradually and evenly and to be turned when brown on one side and cooled in the usual way.

**Invalid Toast.**—Cut a slice  $1\frac{1}{2}$  in. thick and toast each side. Split it and toast the cut sides till dry and crisp.

Steak requires 10 minutes each side with a less fierce heat than fish, according to thickness. Chops 5 to 10 minutes each side. Place the grill pan under the grill to heat and brush the bars with butter. This prevents sticking and branding. Never place food on a cold griller pan. There is little or no gravy from grilled meat as all the juices are preserved in the food by this method of sealing the outside. *Never* put salt on a grilled dish before cooking. Pepper and fresh butter are permitted. Lemon and salt added after removing from grill. Serve *very* hot on a *hot dish*.

## SAUCES FOR GRILLED FOOD

Butter, lemon juice and minced parsley with pepper all heated together are excellent for meat or fish.

**Sauce Piquante** for steak.—Fry a minced shallot in butter, add flour and brown this. Add stock and seasonings, a teaspoonful of mustard and a little vinegar, a dust of sugar and boil up. Chop a gherkin or two and add. Serve in a tureen.

**Tomato Sauce** for steak or fish, see recipe under Tomato dishes.—All sauces for grill must be very savoury and if possible slightly acid in character to counteract the buttery richness of cooking. For invalids little butter should be used and no sauce should be served. The plainer and simpler the dish the better.

## INVALID DIET

RECIPES for this are hardly necessary as these are limited and well known. Essentials to be observed are—

1. Dainty and cleanly serving.
2. Small quantities to be served, too little rather than too much.
3. Very little flavouring, and never strong.
4. Perfect cooking.
5. If vegetables are used they must not appear on the dish, only the salts from them may flavour and enrich the food.
6. Each meal must be freshly cooked.
7. Punctuality absolutely essential.
8. Remove all food from bed-room as soon as finished.
9. Never *boil* milk, as this impoverishes and flavours it disagreeably. Sterilize it in a double cooker, that is, bring it to the boil, or by means of a jug placed in a vessel of water.
10. Use little sugar, and no pepper, and salt very sparingly.
11. Do not place too many things on the tray at one time and do not mention the food or give a choice beforehand.
12. Vary the dishes from meal to meal and day to day as much as possible.
13. Everything must be of the best quality and absolutely fresh and pure.

**Fish and Fowl**, if permitted, must be creamed or made into soufflés. Custards must be very light. Toast must be dry and crisp. Lemonade must be strained. Tea, if permitted, fresh made in an infuser or a muslin bag and the leaves withdrawn after

infusing one minute. The value of the gas stove is never so deeply appreciated as in times of sickness for its rapidity, cleanliness and its "*ever readiness.*"

## HEALTH AND DIET

AFTER all, as I remarked at the opening of this little book, we are what we eat. Our health therefore reflects faithfully the suitability or otherwise of our diet. Many of us suffer from time to time and eventually chronically, from a certain indefinable discomfort, a *malaise* as the French aptly call it, an "unease" which makes us uncertain and depressed, and which we yet do not find important enough to take us to the doctor, which we ascribe to every cause but the right one—weather, luck, environment, drains, locality—all and each in turn are blamed for a discomfort which is first and last due to *unsuitable diet*.

The blood is certainly deficient in something which the food fails to supply. The answer to the puzzle is for individual research and discovery. The remedy is simple. Watch the effect of different foods and try *a change of diet*. Let this not be violent nor drastic in any way, but tentative and gradual, both in quantity and kind. If meat or flesh food generally seems to disagree with you, eat less, reduce the quantity gradually and finally cease, *but* be sure to replace it with some other good proteid food such as cheese, something body-building and light and digestible. There can be no hard and fast rule, no two constitutions are alike or require the same treatment. Patient observation and careful experiment alone can help, unless a blood test is taken, and a diet prescribed by a doctor, suitable to the daily occupation and general

condition and temperament of the sufferer. Do not imagine that these discomforts are passing or to be ignored. They are Nature's straws that indicate the flow of the stream. Follow them and you find the source, ignore them and you lay up future trouble that will not so easily give way to treatment. Take these signs in good time and preserve your health to the end.

To create perfect digestion food must be attractive, suitable to weather and the employment, active or sedentary, of the individual, and be in sufficient quantity to nourish and *able to be digested*. The human stomach is nearly always *over* worked and treated wrongly and shamefully. Treat it considerately, better *under* feed than over. It is easier to remedy the former than the latter, and the evils of the first are less than the second.

The secret of good digestion is good cooking, and careful and thorough mastication of solid foods, and slow turning in the mouth of liquids, especially starchy foods, as in the mouth commences the most important process of digestion and preparation of food for the stomach, often the long-suffering victim of half-masticated substances unsuitable to its powers. Sound, clean and well-kept teeth are essential to proper mastication.

These simple rules must be followed and health must be preserved as an inevitable consequence. A few typical recipes from the book of a well-known food reformer are offered over page to my readers. The whole book may be obtained from the author's publishers.



## From Eustace Miles' Restaurant Recipes (By Permission)

*(Any foods mentioned below may be obtained at the Eustace Miles Restaurant)*

### No. 4. RICE SOUP

2 oz. of rice.  $1\frac{1}{2}$  pints milk. Yolks of 2 eggs. 3 oz. of E. M. Proteid Food. 2 oz. of butter. A pinch of salt. A little lemon juice.

Wash the rice thoroughly, then put with the liquid in a stewpan and simmer, with the lid partly on, until the rice is soft, or put the rice in the inner pan of the E.M. Double Pan Cooker, with hot water in the outside pan. Add salt and lemon juice, strain through a sieve, add the E. M. Proteid food and the yolks of eggs and the butter. Heat again (not quite to the boil) and serve. Fried croûtons of bread may be added.

### No. 7. ARTICHOKE SOUP

2 lb. of artichokes.  $\frac{1}{2}$  pint of white vegetable stock (No. 2). The yolks of 2 eggs.  $\frac{1}{2}$  oz. butter. 1 quart of milk. 3 oz. E. M. Proteid Food. A pinch of powdered mace. Salt and pepper to taste.

Wash and peel the artichokes; boil till quite tender in milk and vegetable stock. Press through a sieve, add the E. M. Proteid Food, beaten yolks of eggs, butter, salt, mace, and pepper. Heat again (not quite to the boil), and serve with croûtons of fried bread, if desired.

**(SAVOURY.) No. 28. CHEESE BALLS**

2 oz. grated Cheddar or Parmesan cheese (or cheese passed through a nutmill). 2 oz. brown bread-crumbs. 1 tablespoonful chopped parsley. 1 tablespoonful tomato sauce or chutney. A little grated onion. 2 oz. E. M. Proteid Food. A little cayenne pepper if required. A little lemon juice.  $\frac{1}{2}$  gill of milk.

Mix all together, with the tomato sauce or chutney and the lemon juice, into a stiff paste. Form into balls and roll in egg and breadcrumbs. Fry to a golden colour in boiling E. M. Vegetable Butter, preferably in the Miles-Blatch Safety Frying Pan and Basket. Serve with fried parsley.

**No. 108. VEGETABLE CURRY****(Made from Cooked Vegetables)**

2 small cooked carrots. 2 cooked turnips.  $\frac{1}{2}$  pint cooked peas. 2 cooked potatoes. 1 raw onion. 1 apple. 2 oz. butter.  $\frac{1}{2}$  pint milk or vegetable stock. 1 sliced banana. Cooked haricot or butter beans. 1 dessertspoonful dessicated cocoanut. A dozen sultanas. 1 tablespoonful curry powder. 1 oz. of E. M. Proteid Food.

Chop the onion and apple finely and fry in the butter, made very hot in the frying pan. Keep the contents moving till they are a golden colour. Then add the curry powder and fry with the onion and apple for a few minutes. Take it off the fire and add the stock or milk. Stir till it boils; put into a saucepan, add the vegetables cut up small and the cocoanut and sultanas, etc. Add the Proteid Food, mixed with a little cold milk. Cover closely and simmer for 15 minutes. Serve with boiled rice.

**No. 151. FISHLESS KEDGEREE**

2 oz. rice. 4 oz. haricot or butter beans. 4 oz. dried peas. 1 onion. 1 oz. butter. 1 oz. E. M. Proteid Food.  $\frac{1}{2}$  oz. curry powder (unless pleasant enough without it). A little lemon juice.

Soak the beans and peas overnight. Cook the rice, beans and peas in separate saucepans, in a very little water so that they absorb nearly all the water. Chop the onion and fry it in the butter. Add the curry powder and proteid food and any liquor you may have strained from the beans, rice and peas. Add a little lemon juice, and make very hot and serve on toast.

**SAVOURY VIENNA STEAKS**

1 medium sized onion, browned in butter. 1 teaspoonful of mixed herbs. Pepper and salt to taste. A teaspoonful of nutrit.  $\frac{1}{2}$  lb. white breadcrumbs. 1 oz. butter. 1 egg. 4 oz. pine kernels, milled.

Mix altogether on a pastry board and form into rounds and press out. Egg and breadcrumb these, put them carefully into the Miles-Blatch Safety Frying Pan and Basket, and fry to a nice golden colour in boiling E. M. Vegetable Butter. Serve with apple sauce.

**APRICOT MOULD**

1 $\frac{1}{2}$  pints of milk.  $\frac{1}{2}$  lb. best apricot jam. 2 oz. ground rice. 2 oz. of E. M. Proteid Food.  $\frac{1}{8}$  oz. Agar Agar (from the Eustace Miles' Restaurant) put in 4 tablespoonsfuls of cold water and boiled and stirred till dissolved.

Boil the jam with the milk for 15 minutes to extract all the flavour, strain and bring to the boil again.

Next add the ground rice (previously mixed to a smooth paste with cold milk), boil all together again, add the E. M. Proteid Food, and after sweetening to taste, add the Agar Agar ; mix well with a wooden spoon ; then pour the mixture into a well-wetted mould. When set turn into a dish and ornament with glacé cherries and apricot jam.

### **No. 13. SPINACH WITH PROTEID SAUCE**

2 lb. spinach (well washed). 2 oz. butter. 2 oz. flour.  
2 oz. E. M. Proteid Food. 1 tablespoonful cream.  
1 pint milk. Celery. Salt and pepper to taste.

Cook the spinach with no water, in the E. M. Double Pan Cooker for 1 hour, and when cooked strain through a sieve and serve with the following sauce:—

Melt the butter in a stew-pan, stir in the flour very lightly, and when the paste is quite smooth add gently the spinach juice, milk, cream and E. M. Proteid Food. Cook for 10 minutes, stirring all the time. Season to taste and pour over the spinach.

### **No. 121. ITALIAN SALAD**

#### **(Not Body Building)**

1 head of celeriac. 1 lb. of new potatoes (cooked and cut into dice). 3 slices of beetroot (cooked and cut into dice). 3 slices of cucumber (cut into dice). 6 spring onions. 6 radishes. 3*d.* cream. 1 tablespoonful of capers. 1 tablespoonful of mayonnaise dressing.

Mix all the vegetables together in a salad bowl. Whip the cream and gradually add the dressing ; mix with the salad and garnish with tomatoes, beetroot and hard-boiled egg.

Cakes, puddings, breads, dishes in place of meat,



fish and fowl, vegetable dishes and savouries in great variety and easily prepared, all containing the maximum of nutriment and digestibility, are to be found in the book from which these sample recipes are taken. Price 1s. 6d.

## ODDS AND ENDS OF USEFUL INFORMATION

**To Make Brown Crumbs.**—Dry some scraps of stale bread in a slow oven till golden. Roll out between folds of paper with a rolling pin and sieve till all are fine. Place in a dry tin or jar and cover down for future use.

**To Make White Crumbs.**—Rub the crumb from a stale white loaf through a fine wire sieve, place these on a tin in a cool oven and dry, constantly turning to let steam escape, but do not allow to brown. When quite dry and cool, place in a jar and cover. The finer and drier the crumbs the better for coating for frying. If needed for pudding and other mixtures a little milk or water will be needed to moisten and swell them. In weighing up an ounce of dry crumbs measure a flat tablespoonful, if fresh a heaped up spoon.

**To Make Brown Roux or Gravy Thickening.**—Fry some good dripping or fresh butter till very hot and then sift into it rather less weight of fine dry flour, say 2 oz. flour to  $2\frac{1}{2}$  fat. Fry till brown, mix with water and boil up till thick, pour into a pot for future use. This will keep several weeks.

**To Make White Roux** for white sauces and soups.  $2\frac{1}{2}$  oz. butter. 2 oz. flour. Melt the butter, stir in the flour till smooth and cook a few minutes till it leaves the pan clean. Place in a pot and cover, when cool, for

future use. These thickenings *are handy* where sauces and gravies are often needed and preferred thick.

**To Make Good and Cheap Lemonade.**—Squeeze the juice of good lemons into a jug, removing all pips. Shred the peel (yellow part only) very thinly and add this with 4 lumps sugar to each lemon and  $\frac{1}{2}$  teaspoonful cream of tartar to the juice and fill up with boiling water, 1 quart to 2 lemons. Let stand all night, strain and bottle or use at once.

**To Make Toast Water, Invalid Drink.**—Toast some stale bread very brown and crisp. Pour boiling water, 1 pint to 2 good slices, and cover. Strain when cold after standing.

**To Make Good Coffee.**—To 2 oz. freshly ground coffee add a saltspoonful each of dry mustard and salt. These are to soften the water. Add 1 pint of boiling water, let stand to fine and place pot in a pan of hot water. When settled strain and warm up, but do not let it boil. Serve with equal quantity of HOT, NOT BOILED milk. *Never boil* coffee grounds.

**To Make Good Cocoa.**—Mix 1 heaping teaspoonful of any good cocoa essence with an equal quantity of castor sugar. Mix to a thin paste with boiling water. Add to make a cup equal quantities of milk and boiling water, return to pan and bring slowly to the boil, stirring all the while and boil for 3 minutes. Serve with cream. Remember cocoa requires cooking.

**To Make Good Tea.**—See that the pot is clean and dry. Scald it well and place in it tea, allowing one teaspoonful to each cup and a little over, placing the tea leaves in a muslin bag or an infuser. Pour boiling water to cover and let stand covered for 1 minute. Fill up with boiling water and let stand another minute or two, *not more*. Remove infuser or bag and serve, keeping a cosy on the pot. Never let the leaves remain in the pot after the tea is sufficiently

drawn, as that is when the tannin, so poisonous to the skin of the stomach and irritating to the nerves, is drawn from the leaves. Tea is a harmless tonic, if made properly, if over infused it is a deadly poison.

**To Make Good Crisp Toast.**—Slice the bread and remove crusts and set to dry in oven. Then toast carefully on either side. This is for cold toast ; hot buttered toast must be cut thick and toasted lightly.

## SAUCES, VARIOUS

**Caramel Sauce.**—Place 8 lumps of sugar in an iron pan and heat till brown and melted. Add gradually  $\frac{1}{2}$  pint of milk, and a few drops of vanilla essence. Simmer gently till all the sugar is dissolved and the sauce coloured coffee tint, then add the necessary thickening and boil up.

**Jam Sauce.**—1 tablespoonful of any kind of jam to which add  $\frac{1}{4}$  pint of water, bring to the boil, skim and strain. Return to the pan, add a few drops of lemon juice and add a little arrowroot or potato flour and cold water. Boil up three minutes. If a red jam and the colour be not good, add a few drops of carmine.

**Wine Sauce (clear).**—To  $\frac{1}{2}$  pint water add when boiling one teaspoonful of potato flour with a little cold water, and sugar to taste. Boil for three minutes and then add wine, selected.

**Wine Sauce (white).**—Use milk instead of water and proceed as for clear sauce, adding wine last.

**Brandy Sauce,** as either of above.

**Hard Sauce,** to serve with Christmas pudding, or hot steamed batter pudding. Beat till creamy and light 2 oz. fresh butter, 2 oz. castor sugar, 1 teaspoonful lemon juice and 2 of old Jamaica rum. This should look like whipped cream.



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— A —

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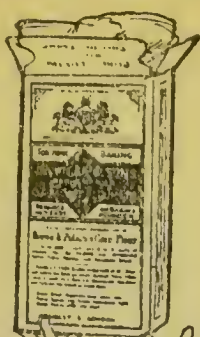
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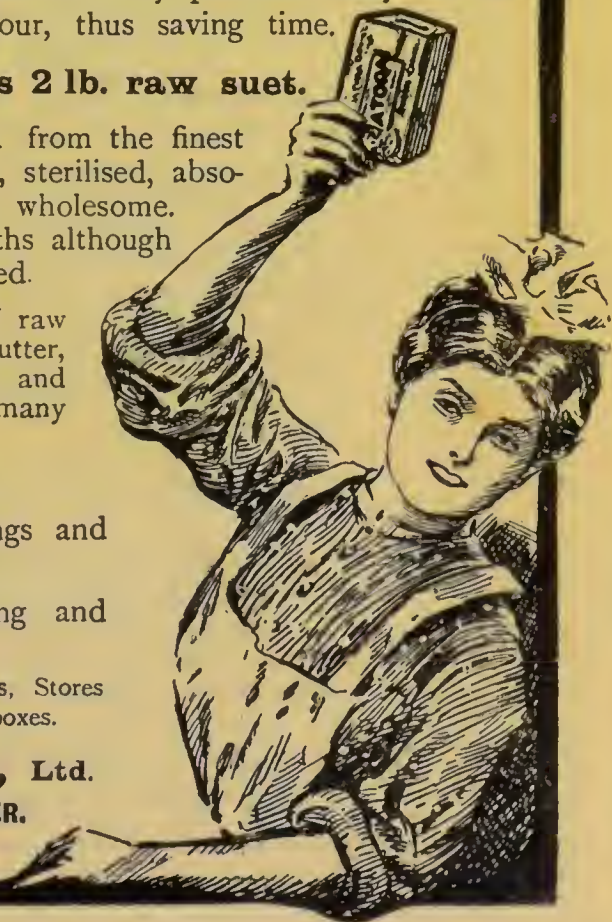
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